

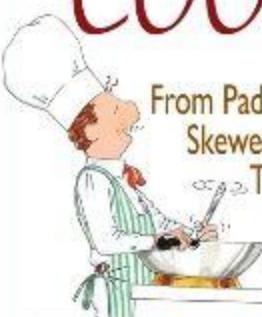
# THE EVERYTHING THAI COOKBOOK



From Pad Thai to Lemongrass Chicken Skewers—300 tasty, tempting Thai dishes you can make at home

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Jennifer Malott Kotylo



THE

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Adams Media Corporation  
Avon, Massachusetts

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THE **EVERYTHING** Series

Dear Reader,

For me, food is a reflection of the people who grow it, cook it, and eat it. It gives me a glimpse into those peoples' lives — who they are, where they come from, what they believe in. Working on *The Everything® Thai Cookbook* has given me the opportunity to become familiar with exotic tropical ingredients, Far East growing and cooking methods, and Asian cultures and religions — all of which blend together to form Thai cuisine. It has also given me a renewed respect for an intriguing people who have been forever free, who have created an amazing style of cooking, and who share their love of food through family meals, store-front restaurants, and gourmet palaces.

Please join me as we explore the bounty of Thailand — the flavors, the dishes, the celebrations, and the people that make this one of the most loved cuisines of the world.

Explore and enjoy.

A handwritten signature in black ink, appearing to read "Jennifer Kotylo".

Jennifer Kotylo

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## **Introduction**

THAILAND'S ROOTS can be traced back to the T'ai tribesmen who lived under the shadow of the Chinese in what are now the Chinese provinces of Yunnan and Sichuan, which lie along important east-west trading routes. The first true Thai kingdom was established in fourteenth century when the T'ai tribesmen created the Kingdom of Sukhothai, or “The Dawn of Happiness.” During this era, the Thai adopted their first alphabet and the tenets of Buddhism.

According to depictions on the great Cambodian temple, Angor Wat, the Khmers, who have always been known as great warriors, used the Thai as mercenaries. They called the Thai Syams, meaning “golden skin color.” It is believed that the Kingdom of Siam, as Thailand was known until 1939, derived its name from this word.

The thriving seaport city of Ayutthaya became the capital of Siam in 1350 and a monarchy was established. Portugal set up the first embassy there in 1511. By 1662, Holland, Denmark, England, and France all had embassies in the city.

The French began amassing troops in Siam beginning in 1675, intent on colonizing the area. But in 1688, the Siamese forcibly removed the farang (slang for “French” at the time, the word now means “foreigner”) from the country and sealed its borders for 150 years. Strikingly, Thailand is the only Asian country never to have been colonized by a European power, although it has been occupied by the Khmer, the Burmese, and the Japanese.

During his reign from 1824 to 1851, King P'ra Nang Klaow began developing trade with China and reopening the borders of the kingdom. The 1930s saw a wave of democracy surge over the country, and in 1932 a constitutional monarchy was formed. Soon after, the country was officially renamed Thailand, meaning “Land of the Free.” Today, 75 percent of the population are ethnic Thais, roughly 11 percent are Chinese, and 3.5 percent are Malays. The rest is a combination of Vietnamese, Khmer, and various others. There are only a very small number of non-Asian permanent immigrants.

## **Geography**

The landmass of Thailand is approximately 197,400 square miles (a bit larger than the state of California) and is shaped like the head of an elephant. The “trunk” of the elephant extends southward down the Malay Peninsula to Singapore and is sandwiched between the Indian Ocean and the Gulf of Thailand. The “head” is bordered by Burma and Laos to the north, Cambodia and Laos to the east, Burma to the west, and the Gulf of Thailand to the south.

Thailand is mountainous in its northernmost and southernmost regions, with the center of the country forming a delta that drains into the Gulf of Thailand. Thailand has over 1,600 miles of coastline and is rich with internal waterways, ponds, lakes, and rice paddies.

## **Weather**

Thailand has a monsoon climate. The peninsula has two seasons: wet from November through July, and dry from August through October. The mainland experiences three seasons: wet from May through November, dry and cool from November through February, and dry and hot from March through April. Yet, these definitions are deceiving. From a Western perspective, Thailand is hot and humid all year round; it just varies in degrees. The only real escape from the heat is heading to the mountains.

## **Agriculture**

Thailand's fertile delta region, in combination with its hot and humid climate, makes for very good growing conditions, especially for rice. Archeologists believe that what is now central Thailand was the site of the first true agriculture on the planet and that rice has been cultivated there since between 4000 and 3500 B. C. Agricultural products account for 66 percent of Thailand's exports, and Thailand produces 36 percent of the world's rice. Other important products include coconut, tapioca, rubber, sugar, pineapple, jute, soybeans, and palm oil. Sixty-five percent of the Thai labor force is involved in agriculture.

## Food Culture

Harmony is the name of the game when it comes to Thai cooking. The balance of sweet, salty, sour, bitter, and hot flavors is essential, not only within most dishes, but also within the context of the overall Thai meal. The key flavoring agents found in a Thai kitchen include coconut, lime, chili, garlic, ginger, cilantro, and dried fish (to make fish sauce). These ingredients are as basic as salt and pepper are to a Western kitchen. All of these foodstuffs are indigenous to the Asian continent with one notable exception: chilies, which the Portuguese introduced to Asia in the sixteenth century after “discovering” them in the New World. This is perhaps one of the most profound influences on Thai cuisine, as modern Thai cooking is almost impossible to imagine without the heat of chilies. However, the Portuguese are not the only people to have significantly influenced Thai cuisine as we know it today. The Chinese introduced the concept of stir-frying, the Indians brought curry, and the Indonesians introduced numerous spices.

Thai cuisine reflects the country's ample waterborne resources. Both saltwater and freshwater fish are eaten in abundance. Fish sauce is as common as ketchup and is used as a condiment, a salt substitute, and a general flavoring agent. Shrimp paste is used as we use anchovy paste, and dried fish are eaten as snacks.

The cuisine also reflects Thailand's tropical climate with an almost endless supply of exotic fruits that are eaten in salads, savory dishes, desserts, and by themselves. But by far the most important foodstuff in Thailand is rice. It is farmed everywhere and comes in endless varieties suitable for every growing condition from mountaintops to floodplains. It is Thailand's number one export.

Rice is so important in Thai culture that the word for rice is the same as the word for food. It is eaten with every meal and made into endless forms, from gruel to beverages to puffed cakes and desserts. Rice is believed to have a soul, called Mae Posop, or “The Rice Mother.” She is born from rice, becomes pregnant when the rice flowers, and gives birth to rice. Rice farmers pay homage to Mae Posop, offering her food and shelter throughout the year.

Rice is a type of grass, the grain of which can only be extracted by milling or pounding. Thai people take great pride in the quality of their rice, and the

whiter and more perfumed the better. For this reason, Jasmine rice is the long-grained variety preferred above all others.

Meat, although readily consumed, is not the centerpiece of a Thai meal, but instead is looked upon as a special treat. Theravada Buddhism, which forbids the killing of animals but not the eating of meat, is practiced by 95 percent of the population of Thailand. To make meat more palatable to the Buddhist psyche, meat is almost always shredded or cut into very small pieces. Rarely will you find a steak or chop served.

Dinner in Thailand is not served in courses, but rather soups, starters, rice, noodles, side dishes, and main courses are all served together to allow the cook to enjoy his or her guests. Only dessert is served separately. Condiments such as dried chilies, chili paste, chopped peanuts, fish sauce, and soy sauce are usual additions to the Thai table, just as salt and pepper are in the West. Fresh fruits are the typical end to a Thai meal. Desserts as we know them are usually served only at the end of a fancy banquet.

Heavy in fish, vegetables, fruits, and rice, and low in meats and dairy, Thai cuisine is just what the doctor ordered. These foods are rich in carotenoids, flavonoids, and antioxidative vitamins, all known to reduce cancer. In fact, the Thai have the lowest incidence of digestive tract cancer of all people.

## Some Cooking Basics

The following are some guidelines, which should make your cooking experience more satisfying no matter what your level of expertise. They are not all Thai-food specific, but are all important for the recipes in this book.

- Read the recipe in its entirety before you begin — twice is even better.
- Make sure you have all of the ingredients, pans, and utensils, have enough time, and understand the methodology.
- Always use seasonal ingredients — out of season produce is often tasteless and has an off texture. Inferior ingredients lead to inferior dishes. If the ingredients you are looking for are substandard, either choose a substitute ingredient or a substitute recipe.

- Be prepared. Have your ingredients prepped before you begin cooking — veggies diced, sliced, etc., dry and wet ingredients properly measured, etc.
- Use homemade stocks, curries, and sauces when at all possible: They will give you the greatest depth of flavor. But if time is of the essence, by all means use some prepared products that are on the market. Some of them are quite good.
- When measuring dry ingredients, level them off with the straight edge of a knife.
- Use standard measuring spoons, cups, etc.
- Wash all vegetables and fruits thoroughly and pat or spin dry.
- Take meat out of the refrigerator about fifteen minutes before you are going to cook it, allowing it to come to room temperature. It will cook faster and more evenly.
- Use freshly ground pepper, if you can. Pepper begins to lose its flavor and pungency as soon as it is ground.

## **Basic Cooking Methods**

The following are some of the more common cooking methods used, not only in Thai cooking, but throughout the world. A brief understanding of these methods will help you with all of your cooking.

### **Stir-Frying and Sautéing**

Stir-frying and sautéing are very similar cooking processes that involve cooking in an open pan over high temperatures and with a minimal amount of cooking oil. Sautéing is usually done in either a slope-sided gourmet pan (or skillet) or a straight-sided sauté pan. Stir-frying done in a wok.

The best meats for either method are boneless chicken; tender of beef, pork, or lamb; fillets of fish; and shellfish. For stir-fries, should be cut into thin, bite-sized pieces to allow for quick and cooking. Thicker pieces can be browned in a sauté pan and then cooking in the oven at a low heat. Vegetables should also be thinly or cut into bite-sized pieces.

Cooking fats should be relatively free of flavor and have a high point. The best are canola oil and peanut oil. (If you insist on using butter for flavor, use equal parts of oil and butter.) The oil must but not smoking before you begin to cook. To check, you can sprinkle drop or two of water into the pan: It should spatter. Please be careful! spatters can burn! Shaking the pan for sautéing or quickly tossing ingredients in stir-frying prevents the food from sticking as it sears.

## **Grilling and Broiling**

Grilling and broiling are methods by which food is cooked exposing it to direct (usually intense) heat over hot coals or some heat source. This method is typically fast; the direct heat chars surface of the food, giving it great flavor. The fuel used in a grill impart a nuance of flavor. Adding aromatic wood chips such as or applewood or certain herbs such as lemongrass or fennel will additional flavor tones. (This is not an option when using a broiler.)

The grill itself may be traditional, using some type of charcoal, in some instances electric. The best grills will allow for somewhat controllable heat. To prepare your grill for cooking, heat it until and then use a long-handled brush to scrape away any residue. Just before placing food on the grill, rub a wad of paper towels dipped in oil onto the grate. This will significantly reduce sticking.

Almost all food can be grilled: tender cuts of meat, poultry, game birds, seafood, fish, or vegetables. The food will grill more evenly if it is allowed to come to room temperature just before cooking. Seasoning, especially with salt, should be done just prior to cooking, as salt tends to draw out moisture, rendering your final product less juicy. In addition, foods that are naturally low in fat should be brushed with oil or butter basted with a sauce to keep them from drying out. Marinades are way to add additional flavor to grilled foods.

To test when your grilled meat is done, it is best to use an instant-thermometer. Alternatively, you can insert the point of a knife to visually see if your food is done. Always remember that your food continues cook even after you remove it from the grill. In addition, meats will reabsorb some of their juices after they are done cooking. Make sure allow your meats to rest for five to ten minutes before serving.

## Cooking in Water

Simmering and poaching are both techniques that involve cooking food in liquid. With both techniques, the cooking liquid is first brought a boil and then the heat is reduced in order to obtain less active bubbling. Poaching should have slightly less bubbling action than simmering, but it's a tough call when something is simmering versus poaching. Some recipes call for a covered cooking vessel, others open one. As something simmers or poaches, it is important to skim surface every once in a while to remove the residue that accumulates. Fish, rice, and poultry are all good candidates for poaching and simmering.

Only a few foods are actually boiled — noodles and potatoes being most obvious. Boiling water is also used to blanch or parboil fruits vegetables before they are exposed to another cooking method or want to keep them tender-crisp. Blanching involves placing the ingredients in boiling water briefly and then plunging them into cold water to retain color and flavor or to help remove their skins. Ingredients that parboiled actually stay in the boiling water a bit longer, in order to slightly soften them.

Another cooking process that involves water is steaming. With this method, the ingredients are not in the water, but rather above it on a rack. The pot is always covered. Steaming is a very gentle cooking method and it is usually the most nutritious. Steamed ingredients don't lose much of their nutrients, texture, or individual flavor. Vegetables and sticky rice are perfect candidates for steaming.

## Roasting

Roasting is another core cooking method used around the world. a very simple method performed in an oven, usually with high heat. can also use indirect heat from a grill and obtain similar results.) Essentially anything can be roasted: meats, fishes, vegetables, or fruits.

Roasting meat involves seasoning it in some fashion, sometimes searing it before you place it in the oven and sometimes basting it it cooks — depending on the recipe — and always letting it rest. Resting allows the meat to reabsorb some of its juices, making your roast juicy and easier to carve. To rest your roast, you simply remove it the oven, cover it with foil, and let it sit.

A very handy gadget to have when roasting is an ovenproof meat thermometer. This will let you know when your roast is done to your liking, without cutting into it. For an accurate reading, you must insert tip of the thermometer into the deepest part of the meat without touching bone, fat, or the bottom of the pan. Roasting charts usually come the thermometers.

## What You'll Need

### Knife Types and Their Uses

**PARING KNIFE** — a short-bladed knife (usually 2 to 4 inches) used trim fruits and vegetables

**CHEF'S KNIFE** — a medium-bladed knife used for chopping, slicing, mincing

**SLICING KNIFE** — a long-bladed knife, either smooth-edged or serrated used for slicing meats or breads

Other useful knives include: boning, utility, cleaver, and fillet.

### Specialty Utensils

Thai cooking really doesn't require a kitchen-full of fancy gadgets: Most often you will use standard mixing bowls and measuring cups, and pans, wooden and slotted spoons, and knives. But there are a items that will make

your Thai cooking easier and more enjoyable. you are in the mood to splurge, here's the wish list:

**WOK** — a high-sided, sloping, small-bottomed pan — the quintessential Asian utensil

**RICE COOKER** — an electric gizmo that takes the guessing out of

**FOOD PROCESSOR** — the workhorse of the kitchen when it comes mixing, chopping, puréeing, and shredding

**BLENDER** — great for making sauces and purées

**CHINOIS** — a sieve perfect for straining stocks, sauces, and purées

**HAND BLENDER** — great for making sauces and purées right in the pot

**COLANDER** — perfect for straining noodles

**MORTAR and PESTLE** — a stone bowl and club used to crush spices and herbs

**MANDOLINE** — an extremely sharp utensil used for precise paper-cutting

## Using a Blender with Hot Ingredients

Hot (as in temperature, not spiciness) ingredients in a blender can expand causing its lid to blow off. Instead of the lid, use a kitchen towel as a cover.

## Basic Food Substitutions

There are three very common ingredients in Thai cooking that can be rather difficult to find in the United States. Luckily they have very inexpensive and common substitutions. In this book I have always used brown sugar in place of palm sugar, ginger in place of galangal, and vegetable oil in place of peanut oil. Substitutions for some common Thai ingredients are found in the following chart.

THAI INGREDIENT	SUBSTITUTION
Fish sauce	Soy sauce
Cilantro	Parsley
Kaffir lime leaves	Lime peel
Lemongrass	Lemon peel
Rice vinegar	Dry sherry or white vinegar
Long beans	Green beans
Thai eggplant	Green peas
Shallots	Small onions
Homemade curry paste	Store-bought curry paste



## Thai Curry Pastes, Marinades, and Other Concoctions

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[Chili Vinegar](#)  
[Tamarind Concentrate](#)  
[Thai Grilling Rub](#)

## **Green Curry Paste — 1**

*10 green serrano chilies  
3 shallots, coarsely chopped  
5 cloves garlic  
1 (1½-inch) piece gingerroot, peeled and chopped  
1 stalk lemongrass, tough outer leaves removed, inner tender portion chopped  
2 teaspoons grated lime zest  
½ teaspoon shrimp paste*

*2 teaspoons ground coriander  
2 teaspoons ground nutmeg  
1 teaspoon ground cumin  
1 teaspoon black pepper  
½ teaspoon ground cloves  
1 teaspoon salt  
½ cup chopped cilantro  
¼ cup vegetable oil*

Place the first 6 ingredients in a food processor and process mixed. Add the remaining ingredients, except the vegetable process until smooth. Slowly add the oil until a thick paste May be refrigerated up to 4 weeks.



## Curry Paste

*Curry pastes are the foundation of most Thai preparations and are essentially concentrated flavoring agents meant to add complexity and depth. They are usually relatively moist concoctions of chili peppers, lime, and various herbs. Typically, curry pastes are mixed with either broth or coconut milk to create a sauce or cooking liquid.*

*Thai curries are famous throughout the world. But the Western term curry powder isn't indicative of a spice at all. Instead, it's a varying mixture of ingredients such as cumin, turmeric, garlic, paprika, ginger, clove, coriander, etc. If you find a store-bought variety that you like, stick with it. Each brand can taste completely different.*

## **Yields 1 cup**

Curry pastes are the basis for many Thai recipes. Adding a tablespoon or so to a cup of coconut milk forms a poaching liquid for anything you want to cook — vegetables, meats, fish, or noodles.

### **Green Curry Paste — 2**

*3 tablespoons coriander seeds, toasted  
2 teaspoons cumin seeds, toasted  
2–4 green jalapeño chilies, seeded and chopped  
2 green bell peppers, seeded and chopped  
1 medium onion, chopped  
3 cloves garlic, chopped  
1 teaspoon shrimp paste  
4 tablespoons chopped cilantro  
2 teaspoons chopped lemongrass  
1 (1-inch) piece ginger, peeled and chopped  
4 tablespoons Tamarind Concentrate (see recipe on page 18)  
3 teaspoons water  
2 tablespoons vegetable oil  
1 teaspoon salt*

1. Place all the ingredients in a food processor and blend until smooth. Transfer to a small saucepan and bring to a simmer over medium-low heat. Reduce heat to low and cook, stirring frequently, for 5 minutes.
2. Stir in 1 cup of water and bring the mixture to a boil. Reduce heat, cover, and simmer for 30 minutes.



### **Storing Pastes**

*Making homemade curry pastes can be a bit time-consuming. Luckily, they store very well. They can be refrigerated in an airtight container for a month or frozen for up to a year. To freeze, place the paste in an ice cube tray. After they are frozen, remove the cubes from the tray and store them in freezer bags.*

## **Yields approx. 1 cup**

Green pastes tend to be a bit more pungent than their red cousins simply because chilies sweeten somewhat as they ripen and become red.

### **Red Curry Paste — 1**

*3 tablespoons coriander seeds, toasted  
2 teaspoons cumin seeds, toasted  
6–8 red serrano chilies, seeded and chopped  
1 medium onion, chopped  
2 garlic cloves, chopped  
1 stalk lemongrass, outer leaves removed and discarded, inner core finely chopped  
1 (½-inch) piece ginger, finely chopped  
3 kaffir lime leaves or the peel of 1 lime, chopped  
2 teaspoons paprika  
4 tablespoons water  
2 tablespoons Tamarind Concentrate (see recipe on page 18)  
3 tablespoons vegetable oil  
1 teaspoon salt*

1. Place all the ingredients in a food processor and blend until very smooth.
2. Transfer to a small saucepan and bring to a simmer over medium-low heat. Reduce heat to low and cook, stirring frequently, for 5 minutes.
3. Stir in 1 cup of water and bring the mixture to a boil. Reduce heat, cover, and simmer 30 minutes.

## **Yields approx. ½ cup**

You can substitute 1 fresh jalapeño pepper for every 2 red serrano chilies.

### **Red Curry Paste — 2**

*3 large dried red California chilies, seeded and chopped  
5 dried Thai bird or similar chilies, seeded and chopped  
2 stalks lemongrass, tough outer leaves removed and discarded, inner core finely minced  
1 (2-inch) piece ginger, peeled and finely minced  
2 cloves garlic, minced  
1 small onion, chopped  
2 tablespoons ground turmeric*

1. Place the chilies in a bowl and cover them with hot water. Let stand for at least 30 minutes. Drain the chilies, reserving 1 cup of the soaking liquid.
2. Place all the ingredients and 2–3 tablespoons of the soaking liquid in a food processor. Process to form a thick, smooth paste. Add additional liquid if necessary.



### **Red Curry Paste Applications**

*While green curry paste is usually used for specific purposes, red curry paste is often treated as a “general purpose” paste that can be added to almost any Thai recipe. Whenever you see a recipe call for “common” or “plain” curry paste, it is almost always referring to the red. And if not, you’ll be safe using it!*

## **Yields approx. 1 cup**

Curry pastes that feature dried chilies tend to have a smoky, complex nuance, whereas those made mostly from fresh chilies have a cleaner, crisper taste.

### **Southern (or Massaman) Curry Paste**

*6–8 large dried red chilies (often called California chilies), soaked in hot water for 5 minutes and drained  
2 tablespoons coriander seeds, toasted  
2 teaspoons cumin seeds, toasted  
½ teaspoon cardamom seeds, toasted  
2 whole cloves  
¼ teaspoon whole black peppercorns  
¼ teaspoon ground cinnamon  
1 teaspoon shrimp paste (optional)  
1 stalk lemongrass, tough outer leaves removed and discarded, inner core finely chopped  
1 (1-inch) piece ginger, peeled and minced  
1 teaspoon salt  
1 teaspoon lime peel  
2 teaspoons brown sugar  
2 tablespoons vegetable oil  
3 tablespoons Tamarind Concentrate (see recipe on page 18)  
3 tablespoons water*

1. Place all ingredients in a food processor and blend until smooth.
2. Transfer to a small saucepan and bring to a simmer over medium-low heat. Reduce heat to low and cook, stirring frequently, for 5 minutes.
3. Stir in 1 cup of water and bring the mixture to a boil. Reduce heat, cover, and simmer 30 minutes.



## The Chili Infusion

*Chilies are not indigenous to Asia. They arrived in Thailand from South America with the Portuguese traders and missionaries. Today, the Thai people eat more chilies on the average per person than any other country in the world.*

## **Yields approx. 1 cup**

Massaman is the Thai word for “Muslim.” The sweet spices featured in this paste were brought to the Thai peninsula from the West by the Muslims.

### **Northern (or Jungle) Curry Paste**

*2 tablespoons vegetable oil  
12 serrano chilies, seeded and chopped  
6–8 Thai bird chilies, seeded and chopped  
1 tablespoon shrimp paste  
1 stalk lemongrass, tough outer leaves removed and discarded, inner core minced  
1 (3-inch) piece ginger, peeled and chopped  
4 shallots, chopped  
1 cup chopped basil  
½ cup chopped mint  
¼ cup chopped chives  
¼ cup chopped arugula*

1. In a medium-sized sauté pan, heat the oil on medium. Add shrimp paste, lemongrass, ginger, and shallots, and sauté until shallots begin to turn translucent and the mixture is very fragrant.
2. Transfer the mixture to a food processor and process until adding 1 or 2 tablespoons of water to help with the grinding.
3. Add the remaining ingredients and more water if necessary to process until coarsely blended.



**Arugula**

*Arugula is a specialty green with a peppery, somewhat bitter taste. Although we Westerners associate it with Italian cuisine, it was originally cultivated in Western Asia. If you can't find it (check in the herb section), you can substitute spinach in this recipe, although with a slightly less flavorful result.*

## **Yields approx. 2 cups**

This curry has the look of a pesto. In fact, you can use it in a similar manner, tossing a tablespoon or so to taste with hot pasta.

### **Chili Tamarind Paste**

*½ cup dried shrimp*

*1¾ cups vegetable oil, divided*

*⅓ cup garlic*

*1 cup sliced shallots*

*12 small Thai chilies or*

*6 serrano chilies*

*3 tablespoons Tamarind Concentrate (see recipe on page 18)*

*3 tablespoons brown sugar*

*1 tablespoon fish sauce*

1. Place the dried shrimp in a small bowl. Cover the shrimp stir briefly, and drain; set aside.
2. Pour 1½ cups of the vegetable oil in a medium-sized saucepan. the oil to approximately 360 degrees over medium-high heat.
3. Add the garlic and fry until golden brown. Using a slotted transfer the garlic to a bowl lined with paper towels.
4. Add the shallots to the saucepan and fry for 2 to 3 minutes; the shallots to the bowl with the garlic.
5. Fry the reserved shrimp in the saucepan for 2 minutes; the bowl.
6. Fry the chilies until they become brittle, about 30 seconds; them to the bowl. (Allow oil to cool to room temperature discarding.)

7. Combine the fried ingredients, the remaining oil, and the a food processor; process to form a smooth paste.
8. Place the paste in a small saucepan over medium heat. Add the sugar and fish sauce, and cook, stirring occasionally, for about 5 minutes.
9. Allow the paste to return to room temperature before placing in an airtight container.

## **Yields approx. 3 cups**

This paste is a study of contrasts. The searingly hot Thai chilies are balanced by the sweetness of the tamarind and brown sugar and the saltiness of the dried shrimp and fish sauce.

### **Yellow Bean Sauce**

*2 tablespoons vegetable oil  
1 medium to large onion, minced  
2 serrano chilies, seeded and chopped  
1 (½-inch) piece ginger, peeled and chopped  
1 teaspoon ground coriander  
4 tablespoons fermented yellow beans (fermented soy beans)  
2 tablespoons lime juice  
2 tablespoons water*

1. In a medium-sized sauté pan, heat the oil over medium heat. Add the onion and chilies, and sauté until the onion becomes translucent. Stir in the ginger and coriander, and continue to cook for 30 seconds.
2. Add the beans, lime juice, and water, and simmer over low heat for 10 minutes.
3. Transfer the mixture to a blender and process until smooth.

## **Yields approx. 1 cup**

This bean sauce is often used in Thai recipes to add depth, not only of flavor but also of texture.

### **Minty Tamarind Paste**

*1 bunch mint leaves*

*1 bunch cilantro leaves*

*¼ cup peanuts*

*½ cup Tamarind Concentrate (see recipe on page 18)*

*4–5 Thai bird peppers or 2 serrano chilies, seeded and chopped*

Place all the ingredients in a food processor and blend to form a paste.

## **Yields approx. 2 cups**

This is a perfect way to use a lot of those extra herbs growing in your garden — to make a curry paste bursting with the tastes of summer.

### **Black Bean Paste**

*2 tablespoons vegetable oil  
1 medium to large onion, minced  
2 jalapeños, seeded and chopped  
2 cloves garlic, chopped  
3 green onions, trimmed and sliced  
4 tablespoons canned black beans or black soy beans  
1 teaspoon brown sugar  
1 tablespoon fish sauce  
2 teaspoons lime juice*

1. In a medium-sized sauté pan, heat the oil over medium-the onions, jalapeños, garlic, and green onions, and sauté onion becomes translucent.
2. Using a slotted spoon, transfer the sautéed vegetables to processor or blender (set aside the oil in the sauté pan). remaining ingredients and process briefly to create a not-paste.
3. Reheat the reserved oil in the sauté pan. Transfer the paste and heat for 5 minutes, stirring constantly. If the paste seems thick, add a bit of water.



### **Marinating Safely**

*When you marinate foods, you should always do it in the refrigerator to reduce the possibility of bacteria growth unless otherwise directed in a*

*recipe.*

## **Yields approx. ½ cup**

Fermented soybeans remind me of garbanzo beans. When they are cooked and ground they have a somewhat mealy texture and the fermentation process yields a slightly sharp, vinegary taste.

### **Thai Marinade — 1**

*2 tablespoons fish sauce  
¼ cup fresh lime juice  
½ cup sesame oil  
1 large stalk lemongrass, crushed  
¼ teaspoon hot pepper flakes  
2 tablespoons chopped peanuts  
3 cloves garlic, minced  
¼ cup chopped cilantro  
1 tablespoon brown sugar*

Combine the fish sauce and lime juice in a small bowl. Slowly whisk in the sesame oil, then stir in remaining ingredients.

## **Yields approx. 1 cup**

This marinade contains the classic ingredients of Thai cuisine: fish sauce, lime juice, peanuts, chili peppers, and lemongrass. It works well with chicken, pork, or beef.

### **Thai Marinade — 2**

*3 tablespoons fish sauce  
1 tablespoon sweet soy sauce  
½ cup rice wine  
¼ cup peanut oil  
¼ cup chopped basil leaves  
¼ cup chopped mint leaves  
3 cloves garlic, minced  
1 tablespoon chopped gingerroot  
1 small onion, chopped  
2 tablespoons chopped lemongrass*

Combine the fish sauce, sweet soy sauce, and the rice wine in a small bowl. Slowly whisk in the peanut oil, then stir in remaining ingredients.

## **Yields approx. 1½ cups**

The basil and mint in this recipe are more traditional, but you can substitute almost any slightly spicy herb. Try parsley or arugula, or, for a milder version, baby spinach works well, too.

### **Thai Marinade — 3**

*1 (12-ounce) can coconut milk  
½ cup Red Curry Paste (see recipes on pages 4 and 5)  
1 stalk lemongrass, roughly chopped  
6 kaffir lime leaves, finely sliced  
1 teaspoon fresh gingerroot, chopped  
¼ cup chopped cilantro leaves  
¼ cup lime juice  
2 tablespoons fish sauce  
1 tablespoon sweet soy sauce*

1. Combine the coconut milk, curry paste, lemongrass, and kaffir leaves in a small saucepan; bring to a simmer over medium heat.
2. Reduce heat and continue to simmer for 15 minutes.
3. Remove from heat and allow to cool to room temperature.
4. Stir in all the remaining ingredients.

## **Yields approx. 2 cups**

This marinade is infused with the flavors of India. In addition to the lemongrass, lime juice, and fish sauce, curry paste and coconut milk add to the complexity of the flavors.

### **Asian Marinade — 1**

*1/4 cup fish sauce*

*1/4 cup soy sauce (preferably low-sodium)*

*1/2 cup freshly squeezed lime juice*

*2 tablespoons crunchy peanut butter*

*1 tablespoon light brown sugar*

*1 tablespoon curry powder*

*1 teaspoon minced garlic Crushed dried red pepper*

Combine all the ingredients in a blender or food processor and blend until smooth.

## **Yields approx. 1½ cups**

This recipe uses ingredients more common to other Asian countries, yet still has Thai overtones. Soy sauce, which is more characteristic of China and Japan, smooths out the bite of the fish sauce.

### **Asian Marinade — 2**

*½ cup lime juice  
¼ cup soy sauce  
2 tablespoons hoisin sauce  
1 tablespoon honey  
⅓ cup vegetable oil  
2 tablespoons sesame oil  
¼ teaspoon ground anise  
1 teaspoon Chinese 5-spice powder  
1 tablespoon freshly grated gingerroot  
3 cloves garlic, minced  
3 tablespoons chopped cilantro  
¼ cup chopped green onion*

Combine the lime juice, soy sauce, hoisin sauce, and honey, and blend well. Slowly whisk in the vegetable and sesame oils. Add the remaining ingredients and mix thoroughly.

## **Yields approx. 1½ cups**

This recipe has a definite Chinese influence, featuring soy sauce, hoisin sauce, 5-spice powder, and sesame oil.

### **Tamarind Marinade**

*1½ cups Tamarind Concentrate (see recipe on page 18)*

*4 pieces lime peel (approximately ½-inch by 2-inches)*

*¼ cup fresh lime juice*

*1 tablespoon soy sauce*

*¼ cup vegetable oil*

*1 shallot, chopped*

*2 garlic cloves, minced*

*1 tablespoon diced fresh gingerroot*

*1 tablespoon brown sugar*

*¼ cup toasted, unsweetened coconut*

*½ cup chopped cilantro leaves*

1. Combine the tamarind and lime peel in a small saucepan and bring to a simmer; cook for 5 minutes.
2. Remove from heat and cool to room temperature. Stir in the remaining ingredients.

## **Yields approx. 2 cups**

This slightly sweet marinade works well with chicken or shellfish. Let some of the coconut and cilantro stick to your food while cooking.

### **Coconut Marinade**

*3 tablespoons rice wine vinegar  
2 tablespoons shredded, unsweetened coconut  
1 tablespoon minced fresh ginger  
3 tablespoons lime juice  
1 tablespoon grated lime zest  
 $\frac{1}{4}$ – $\frac{1}{2}$  teaspoon red chili pepper flakes  
2 teaspoons sugar  
 $\frac{1}{8}$  teaspoon curry powder*

1. Warm the vinegar over low heat. Add the coconut and ginger to soften.
2. Remove from heat and stir in the remaining ingredients.

## **Yields approx. ½ cup**

This wonderful marinade is ideal for shellfish such as scallops and prawns. The acidity of the lime is perfectly balanced with the sweetness of the coconut, sugar, and curry.

### **Malaysian Marinade**

*2 tablespoons honey  
3 tablespoons lime juice  
1 teaspoon grated lime zest  
¼ cup soy sauce  
¼ cup vegetable oil  
2 tablespoons grated gingerroot  
1 green onion, trimmed and thinly sliced  
½ teaspoon ground cumin  
½ teaspoon coriander  
¼ cup chopped cilantro*

1. Combine the honey, lime juice, lime zest, and soy sauce in a small bowl.
2. Slowly whisk in the oil.
3. Stir in the remaining ingredients.

## **Yields approx. 1 cup**

Muslim traders brought with them the sweet spices of the West as they ventured into what is now Singapore and Indonesia. Try this fragrant marinade with any poultry.

### **Thai Vinegar Marinade**

*4 cloves garlic, minced  
6 dried red chilies, seeded and crumbled  
3 tablespoons chopped green onion  
1 tablespoon fresh grated gingerroot  
2–3 tablespoons vegetable oil  
3½ cups rice wine vinegar  
1 tablespoon sugar  
¼ cup chopped lemongrass*

1. Place the garlic, chilies, green onions, and ginger in a food processor or blender and process to form a paste.
2. Heat the oil in a wok or frying pan, add the paste, and stir-fry for 4 to 5 minutes. Remove from heat and allow the mixture to cool to room temperature.
3. In a small saucepan, bring the vinegar to a boil. Add the sugar and the lemongrass; reduce heat and simmer for 20 minutes.
4. Stir in the reserved paste.



### **The Elements of a Marinade**

Most marinades will include three specific elements: an acid, such as a citrus juice or vinegar, acts as a softening agent; an oil, which adds flavor

and moisture; and the spices, which impart aroma and flavor to your dish.

## **Yields approx. 3 cups**

The rice wine in this marinade packs a terrific flavor surprise. Try it with beef or pork.

### **Lemongrass Marinade**

*1 cup extra-virgin olive oil  
2 stalks lemongrass, trimmed and smashed  
2 cloves garlic, minced  
¼ tablespoon soy sauce  
1 tablespoon fish sauce  
2 tablespoons lime juice  
1 jalapeño chili pepper, seeded and chopped  
2 tablespoons chopped cilantro*

1. Pour the olive oil into a pan and heat until warm. Add the lemongrass and garlic, and cook for 1 minute. Remove from heat and let cool to room temperature.
2. Stir in the remaining ingredients.



### **Toasted Coconut**

Toasted coconut is a nice item to have on hand — and not only as an ingredient for Thai recipes. Try sprinkling some over the top of a frosted cake or over a fruit salad, or stir some into your favorite tuna salad. Place 1 cup of dried, unsweetened coconut flakes in a heavy skillet over low heat, stirring frequently for 8 to 10 minutes, until golden brown.

## **Yields approx. 1½ cups**

What is more Thai than lemongrass? If you are a lemongrass fan, this marinade is for you. I think it works well with poultry, beef, and pork, especially if you plan to grill.

### **Shredded Fresh Coconut**

*1 heavy coconut, with liquid*

1. Preheat the oven to 400 degrees.
2. Pierce the eye of the coconut with a metal skewer or screwdriver and drain the coconut water (reserve it for later use if you like).
3. Bake the coconut for 15 minutes, then remove and let cool.
4. When the coconut is cool enough to handle, use a hammer to break the shell. Using the tip of a knife, carefully pull the flesh from the shell. Remove any remaining brown membrane with a vegetable peeler.
5. Shred the coconut using a 4-sided grater. Fresh coconut will keep in the refrigerator for up to 1 week.

## **Yields approx. 1 cup**

This is a good activity for anger management. Take out your aggressions on a coconut — it's amazing how satisfying it can be!

### **Lemon Chili Vinegar**

*1 quart white wine vinegar  
Peel of 4 limes  
8–10 serrano chilies*

1. Combine all the ingredients in a medium-sized saucepan and bring to a simmer over medium heat.
2. Reduce heat and simmer for 10 minutes.
3. Cool to room temperature, then strain.

## **Yields approx. 1 quart**

Try using this tasty vinegar as a substitute for white vinegar — use it to make salad dressing, in mayonnaise, or to liven up soup.

### **Chili Vinegar**

*½ cup white vinegar*

*2 teaspoons fish sauce*

*3 serrano chilies, seeded and finely sliced*

Place all of the ingredients in a bowl. Let sit at least 20 minutes to allow the flavors to develop.

## **Yields approx. ½ cup**

Because vinegars are acids, they have quite a long shelf life, almost an indefinite one. Store your infused vinegars in a wellsealed jar in the refrigerator. Just be warned that the flavors will intensify as they sit!

### **Tamarind Concentrate**

*2 ounces seedless tamarind pulp (sold in Asian markets)*

*1 cup warm water*

1. Place the tamarind pulp and water in a small bowl for 20 minutes or until the pulp is soft.
2. Break the pulp apart with the back of a spoon and stir to combine.
3. Pour the mixture through a fine-mesh sieve, pushing the soft pulp through the strainer. Discard any fibrous pulp remaining in the strainer.

## Makes approx. 1 cup

Another Thai flavoring staple, Tamarind Concentrate is a necessity for a wellstocked Thai kitchen. Although homemade is always best, tamarind concentrate (or paste) is available in Asian specialty markets.

## Thai Grilling Rub

*4 teaspoons salt  
1 teaspoon ground ginger  
1 teaspoon dried lime peel  
1 teaspoon freshly ground black pepper*

1. Combine all the ingredients and mix thoroughly. Store in an airtight container.
2. To use, rinse the meat of your choice under cool water and pat dry; sprinkle the meat with the spice mixture (to taste) and rub it in along with some olive oil, then grill or broil to your liking.



## Spice Rubs

There is a virtually infinite number of spice rub combos and variations. One helpful hint for creating your own spice rub: Check out some of the seasonings used in your favorite sauces, then mix together roughly equal parts of these ingredients to use as a rub for the meat, poultry, fish, or vegetable that was also involved in that recipe. You should also feel free to experiment!

## **Yields approx.**

7 teaspoons I love spice rubs. They may be the easiest way to add flavor quickly to anything you put on the grill (or under the broiler). This rub is ideal for pork or chicken.



## Dipping Sauces, Salsas, and Vinaigrettes

[Peanut Dipping Sauce — 1](#)  
[Peanut Dipping Sauce — 2](#)  
[Peanut Dipping Sauce — 3](#)  
[Minty Dipping Sauce](#)  
[Quick Hot Dipping Sauce](#)  
[Sweet-and-Sour Dipping Sauce](#)  
[Thai-Style Plum Dipping Sauce](#)  
[5-Minute Dipping Sauce](#)  
[Mango-Pineapple Salsa](#)  
[Mango-Cucumber Salsa](#)  
[Banana, Tamarind, and Mint Salsa](#)  
[Spicy Thai Dressing](#)  
[Peanut Pesto](#)  
[Jalapeño-Lime Vinaigrette](#)  
[Ginger-Lemongrass Vinaigrette](#)  
[Mint-Cilantro “Chutney”](#)

## **Peanut Dipping Sauce — 1**

*¾ cup crunchy peanut butter  
1½ cups coconut milk  
¼ cup lemon juice  
2 tablespoons soy sauce  
2 tablespoons brown sugar  
1 teaspoon grated gingerroot  
4 cloves garlic, pressed  
3–4 dashes (or to taste) Tabasco  
¼ cup chicken or vegetable stock  
¼ cup heavy cream*

1. Combine the peanut butter, coconut milk, lemon juice, soy sauce, brown sugar, ginger, garlic, and Tabasco in a small saucepan over medium heat. Cook, stirring constantly, until the sauce has the consistency of heavy cream, about 15 minutes.
2. Transfer the mixture to a blender and purée briefly.

3. Add the stock and cream, and blend until smooth.



### Allergy Alert

*There are a fair number of people who are allergic to peanuts. Before inviting guests over for a Thai dinner, you should ask — just in case.*

## **Yields approx. 2 cups**

Many people's first contact with Thai cooking is with skewered, grilled meat (usually chicken, beef, or shrimp), called "satays." These terrific appetizers are dipped in peanut sauce.

### **Peanut Dipping Sauce — 2**

*¾ cup crunchy peanut butter  
1½ cups unsweetened canned coconut milk  
¼ cup fresh lime juice  
2 tablespoons soy sauce  
2 tablespoons brown sugar  
1 teaspoon grated gingerroot  
2 teaspoons minced garlic Ground cayenne or crushed red pepper flakes to taste  
¼ cup low-sodium beef broth  
¼ cup half-and-half or heavy cream*

1. In a medium-sized saucepan, combine the peanut butter, coconut milk, lime juice, soy sauce, brown sugar, ginger, garlic, and cayenne.
2. Stirring constantly, cook over medium heat until the sauce thickens, about 15 minutes.
3. Remove the sauce from the heat and add the beef broth and cream. Using a hand mixer, blend until smooth. Heat briefly just prior to serving.

## **Yields approx. 2 cups**

This peanut sauce can be used as a dip for any type of meat, but, because it is made with beef broth, it goes best with beef, lamb, or chicken.

### **Peanut Dipping Sauce — 3**

*3 shallots*

*1 cup canned coconut milk*

*½ cup smooth peanut butter*

*2 teaspoons light brown sugar*

*1 teaspoon Tabasco*

*1 tablespoon fish sauce*

*2 teaspoons soy sauce*

*1 teaspoon fresh lemon juice*

*2 tablespoons fresh lime juice*

1. Roast the shallots in an oven preheated to 325 degrees for about 5 minutes or until soft. Let them cool to roughly room temperature.
2. Place all ingredients in a blender or food processor and blend until smooth.

## **Yields approx. 2 cups**

This quick peanut sauce is a delicious dip for fish, shrimp, or chicken satays. It can also be used as a base for a variety of Thai dishes — or simply toss it with rice noodles for a quick snack.

### **Minty Dipping Sauce**

*1/4 cup chopped mint leaves  
1 serrano chili, seeded and diced  
2 cloves garlic, minced  
1 tablespoon grated lime zest  
1/4 cup lime juice  
2 tablespoons fish sauce*

Place all the ingredients in a blender and process until smooth. Serve with a variety of grilled, skewered meats and raw or blanched vegetables.

**Yields approx.  $\frac{1}{2}$  cup**

Don't be afraid to substitute items in this recipe. For example, you can use basil instead of the mint, jalapeño instead of the serrano, lemon instead of lime, and soy instead of fish sauce.

## **Quick Hot Dipping Sauce**

*1 heaping tablespoon prepared chili-garlic sauce*

*$\frac{1}{2}$  cup white vinegar*

Combine the 2 ingredients and serve.

## **Yields approx. ½ cup**

This sauce is an ideal dip for any type of meat. I always have a jar of chili-garlic sauce in the pantry. You can find it in almost any grocery store these days, either in the Asian department or in specialty foods.

### **Sweet-and-Sour Dipping Sauce**

*½ cup white vinegar*

*1 cup sugar*

*½ teaspoon salt*

*1 heaping tablespoon prepared chili-garlic sauce*

1. Combine the vinegar, sugar, and salt in a small saucepan over medium-high heat; bring to a boil, reduce to a simmer, and cook for 8 to 10 minutes, stirring occasionally.
2. Stir in the chili sauce and remove from heat. Let cool to room temperature before serving.

**Yields approx. 1½ cups**

You can vary the sweet and sour of this recipe by playing with the amount of sugar and/or chili sauce. Or you can substitute different brands or types of chili sauce — even Cajun or Jamaican!

## **Thai-Style Plum Dipping Sauce**

*¾ cup plum preserves*

*¾ cup white vinegar*

*¾ cup water*

*2 tablespoons honey Tabasco to taste*

1. Place all the ingredients except the Tabasco in a food processor or blender, and process until smooth.
2. Transfer the mixture to a small saucepan and bring to a boil over medium heat; reduce heat and simmer until thick, about 12 to 15 minutes.
3. Allow to cool to room temperature, then stir in the Tabasco.

## **Yields approx. 2 cups**

Traditionally used in Chinese cooking — think Moo Shu — plum sauce has a sweet-and-sour taste that is a perfect complement to poultry.

### **5-Minute Dipping Sauce**

*1 teaspoon sugar*

*1 tablespoon lime juice*

*1 tablespoon fish sauce*

*1 teaspoon minced fresh ginger*

*½ teaspoon dried red pepper flakes*

In a small bowl, dissolve the sugar in 1 tablespoon of water. Stir in the remaining ingredients; adjust seasonings if necessary. Serve at room temperature.

## **Yields approx. 4 tablespoons**

This simple sauce is delicious as a dip for rice balls. I particularly like the pungency of the fresh ginger.

### **Mango-Pineapple Salsa**

*1 cup mango pieces*

*1 cup diced pineapple*

*1 cup seeded and chopped tomato*

*½ cup diced red onion*

*¼ cup snipped chives*

*3 tablespoons chopped cilantro*

*1 serrano chili, seeded and chopped*

*2 tablespoons lime juice*

*2 tablespoons vegetable oil Salt and pepper to taste*

Combine all the ingredients in a small bowl. Cover and refrigerate for at least 2 hours before serving.

## **Yields approx. 4 cups**

A salsa is a condiment usually composed of roughly chopped fresh ingredients that are meant to enliven whatever they are served with. This salsa is perfect served with grilled shrimp, chicken, or fish.

### **Mango-Cucumber Salsa**

*1 firm, ripe mango, peeled, seeded, and cut into ¼-inch dice*

*1 medium cucumber, seeded and cut into ¼-inch dice*

*¼ cup sliced green onion*

*¼ cup orange juice*

*2 teaspoons lime juice*

*1 teaspoon vegetable oil*

*Salt and pepper to taste*

Combine all the ingredients in a small bowl.

## **Yields approx. 2 cups**

This salsa can be served alongside grilled fish or used as a small salad.

### **Banana, Tamarind, and Mint Salsa**

*4 ripe bananas, peeled and finely diced*

*¼ cup Tamarind Concentrate (see recipe on page 18)*

*1 roasted red jalapeño, seeded and chopped*

*1 tablespoon chopped fresh mint*

*1 teaspoon brown sugar*

*1 tablespoon lime juice*

Gently fold all the ingredients together.

## **Yields approx. 2 cups**

This unique salsa goes perfectly with roasted or grilled poultry or game.

### **Spicy Thai Dressing**

*2 tablespoons soy sauce*

*1 tablespoon plus 1 teaspoon rice wine vinegar*

*1 tablespoon sesame oil*

*3 tablespoons water*

*1 teaspoon sugar*

*2 cloves garlic*

*1 teaspoon grated gingerroot*

*1 fresh red cayenne pepper or*

*2 Thai peppers, stemmed, seeded, and cut into pieces*

Place all the ingredients in a blender and process until smooth.

## **Yields approx. $\frac{1}{2}$ cup**

Try brushing this dressing over the top of meats or poultry as they grill to add a nice zing.

### **Peanut Pesto**

*1 cup unsalted roasted peanuts*

*$\frac{1}{2}$  cup soy sauce*

*$\frac{1}{4}$  cup honey*

*$\frac{1}{3}$  cup water*

*2–3 cloves garlic, minced*

*$\frac{1}{2}$  cup sesame oil*

*$\frac{1}{4}$  teaspoon (or to taste) red pepper flakes*

Place the peanuts in a food processor fitted with a metal blade; process until fine. While continuing to blend, add the remaining ingredients one at a time through the feed tube until well blended.

## **Yields approx. 2 cups**

Serve this pesto tossed with pasta or as a unique spread for veggie or chicken sandwiches. Use it as you would any pesto.

### **Jalapeño-Lime Vinaigrette**

*1 jalapeño, seeded and chopped*

*½ cup lime juice*

*1 tablespoon sugar*

*Salt and pepper to taste*

*1 cup vegetable or canola oil*

Place the jalapeño, lime juice, sugar, and salt and pepper in a food processor; blend for 1 minute. While continuing to blend, slowly add the oil; blend for 30 seconds or until well emulsified.

**Yields approx. 1½ cups**

Serve over grilled fish or vegetables or a fresh salad.

### **Ginger-Lemongrass Vinaigrette**

*1 quart rice wine vinegar*

*2 stalks lemongrass, outer leaves removed and discarded, inner core slightly mashed*

*¼ cup grated fresh gingerroot*

Combine all the ingredients in a nonreactive pot and simmer over low heat for 30 minutes. Remove from heat and let stand overnight. Strain before serving.

## **Yields approx. 1 quart**

This vinaigrette is fantastic as a dressing for salad or as a marinade for crudités.

### **Mint-Cilantro “Chutney”**

*½ cup unsalted peanuts, toasted*

*¾ cup packed mint leaves*

*¾ cup packed cilantro*

*3 tablespoons sour cream*

*2 teaspoons honey*

*½ teaspoon minced honey*

*Salt and pepper to taste*

Place the peanuts in a food processor and finely grind. Add the remaining ingredients to the processor and blend until well combined.



#### **What's a Chutney?**

A *chutney* is a traditional accompaniment to Indian foods. It is a coarse relish or condiment usually made from tropical fruits, ginger, and herbs. Chutneys usually have notes of spicy, sweet, and sour, and can be used as a dipping sauce, a bread spread, or as a glaze.

## **Yields approx. 2 cups**

I like to spoon some of this chutney on a plate and top it with roasted cauliflower. The cauliflower acts as a sponge, soaking up every last drop.



## Appetizers

[Rice Paper Rolls](#)  
[Crab Spring Rolls](#)  
[Pork, Carrot, and Celery Spring Rolls](#)  
[Omelet “Egg Rolls”](#)  
[Basil and Shrimp Wedges](#)  
[Crispy Mussel Pancakes](#)  
[Chicken, Shrimp, and Beef Satay](#)  
[Shrimp Toast](#)  
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[3-Flavor Rice Sticks](#)  
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[Spicy Ground Pork in Basil Leaves](#)  
[Skewered Thai Pork](#)  
[Fried Won Tons](#)  
[Fried Tofu with Dipping Sauces](#)  
[Cold Sesame Noodles](#)  
[Chinese-Style Dumplings](#)

## Rice Paper Rolls

*1 cup thin rice noodles  
8–10 medium to large cooked shrimp, cut in half  
4 (8" × 10") sheets of rice paper  
1 cup grated carrot  
2 scallions, thinly sliced  
1 small cucumber, shredded 20 mint leaves  
1 small bunch cilantro*

1. Soak the rice noodles in very hot water until they are soft, usually 10 to 20 minutes; drain. You can leave the noodles whole, or cut them into

2-inch pieces if you prefer.

2. Place a clean kitchen towel on a work surface with a bowl of hot water nearby. Put a sheet of the rice paper in the hot water for approximately 20 seconds, just until soft; lay it out flat on the towel.
3. In the middle of the rice paper, place 2 to 3 pieces of shrimp and  $\frac{1}{4}$  of the noodles, carrots, scallions, and cucumbers. Top with mint and cilantro.
4. Quickly roll up the rice paper, keeping it fairly tight; then roll up the whole thing in plastic wrap, making sure to keep it tight. Refrigerate until ready to serve.
5. To serve, trim the ends off the rolls. Cut the remaining roll into pieces and remove the plastic wrap. Serve with your favorite dipping sauce.

## Serves 2–4

This healthy appetizer is the perfect finger food and is a great introduction to Thai cuisine: There are no scary ingredients, it isn't tongue-numbingly hot, and yet it is definitely not Western in style or flavor.

### Crab Spring Rolls

*1 pound crabmeat, picked over to remove any shells, and shredded*

*1 tablespoon mayonnaise*

*¼–½ teaspoon grated lime peel*

*15 spring roll or egg roll wrappers*

*2 egg yolks, lightly beaten*

*Canola oil for deep frying*

*15 small, tender Boston lettuce leaves*

*Mint leaves*

*Parsley leaves*

1. In a small bowl, mix the crabmeat with the mayonnaise and lime peel.
2. Place 1 tablespoon of the crabmeat mixture in the center of 1 spring roll wrapper. Fold a pointed end of the wrapper over the crabmeat, then fold the opposite point over the top of the folded point. Brush a bit of the egg yolk over the top of the exposed wrapper, then fold the bottom point over the crabmeat and roll to form a tight packet; set aside. Repeat with the remaining crabmeat and wrappers.
3. Heat the oil to 365 degrees in a skillet or deep fryer. Deep-fry the rolls 3 to 4 at a time for 2 minutes or so, until they are a golden brown; drain on paper towels.
4. To serve, wrap each spring roll in a wrapper with a single piece of lettuce, and a sprinkling of mint and parsley. Serve with your favorite dipping sauce.

## **Yields 15 rolls**

Don't let the deepfrying steer you away from these light, crunchy rolls. The key to keeping the fat to a minimum is using clean, hot cooking oil and immediately transferring the rolls to papers towels.

### **Pork, Carrot, and Celery Spring Rolls**

*2 tablespoons vegetable oil  
1 teaspoon minced garlic  
1 cup minced or ground pork  
2 cups grated carrots  
2 cups chopped celery  
 $\frac{1}{4}$  cup fish sauce  
2 tablespoons sugar  
 $\frac{1}{4}$  teaspoon white pepper  
1 cup bean sprouts  
20 spring roll wrappers  
2 egg yolks, beaten  
Vegetable oil for deep frying*

1. In a large skillet, heat the 2 tablespoons of vegetable oil over mediumhigh heat. Add the garlic and pork, and sauté until the pork is cooked through.
2. Add the carrots, celery, fish sauce, sugar, and white pepper. Increase heat to high and cook for 1 minute.
3. Drain any liquid from the pan and allow the mixture to cool to room temperature, then stir in the bean sprouts.
4. On a clean, dry work surface, place the egg roll wrapper with an end pointing toward you, forming a diamond. Place approximately 2 tablespoons of the filling on the lower portion of the wrapper. Fold up

the corner nearest you and roll once, then fold in the sides. Brush the remaining point with the egg yolk and finish rolling to seal. Repeat with the remaining wrappers and filling.

5. Heat 2 to 3 inches of oil to 350 degrees. Deep-fry the spring rolls until golden brown; remove immediately to drain on paper towels.
6. Serve with sweet-and-sour sauce.

## **Yields 20 rolls**

Thai recipes often call for ground meat. Make sure to use low-fat meat so that when you combine it with other ingredients, it remains crumbly and doesn't add excess moisture or fat to your dish.

### **Omelet “Egg Rolls”**

#### **For the filling:**

*1 teaspoon vegetable oil*

*½ pound ground pork or chicken*

*2 green onions, trimmed and thinly sliced*

*1 cup shredded Chinese cabbage*

*½ teaspoon sugar*

*1 tablespoon fish sauce*

*1 tablespoon minced cilantro*

#### **For the omelets:**

*8 eggs*

*6 tablespoons water*

*1 tablespoon soy or fish sauce*

*1 teaspoon vegetable oil*

*Bibb lettuce*

*Soy sauce, fish sauce, and/or hot sauce*

*Garnish of your choice*

1. To make the filling: In a medium-sized skillet, warm the vegetable oil over medium heat. Add the ground meat and sauté until it is no longer pink. Add the green onions and cabbage and cook until soft. Add the sugar, fish sauce, and cilantro; cook for 1 more minute. Set the filling aside, keeping it warm.
  
2. To make the omelets: Combine the eggs, water, and soy sauce in a medium-sized bowl. Place an omelet pan over medium heat for 1 minute. Add approximately  $\frac{1}{4}$  teaspoon of vegetable oil, swirling it to

coat the pan evenly. Pour approximately  $\frac{1}{4}$  of the egg mixture into the pan, then let it rest for approximately 30 seconds. When the bottom is firm, flip the omelet and cook until done. Remove to a plate and cover with foil to keep warm. Repeat to make 3 more omelets.

3. To fill the “Egg Rolls,” place 1 omelet in the center of a plate. Place  $\frac{1}{4}$  of the filling slightly off-center and then roll up. Trim the ends and cut the rolls into bite-sized pieces.
4. To serve, use Bibb lettuce leaves to pick up the rolls. Dip in additional soy sauce, fish sauce, hot sauce, or other favorite dipping sauce, and add the garnish of your choice.

## **Yields 16–20 pieces**

Using omelets in place of the usual egg roll wrapper is a fun twist on a classic favorite. These rolls use traditional filling ingredients and dipping sauces.

### **Basil and Shrimp Wedges**

*1½ teaspoons vegetable oil, divided  
½ pound cooked salad shrimp  
1 green onion, trimmed and thinly sliced  
½ cup julienned basil  
1 teaspoon fish sauce  
4 eggs  
2 tablespoons water  
Salt and pepper to taste*

1. Place 1 teaspoon of the vegetable oil in a sauté pan over medium heat. Add the shrimp and green onion, and sauté until the shrimp are warmed through, approximately 2 minutes. Add the basil and fish sauce and cook for 1 more minute. Set aside.
2. In a large bowl, whisk together the eggs, water, and salt and pepper, then stir in the shrimp mixture.
3. Place the remaining ½ teaspoon of vegetable oil in an omelet pan over medium heat. Add the egg mixture and cook until the omelet begins to brown. Flip over the omelet and continue to cook until set.
4. To serve, slide the omelet onto a serving plate and cut it into wedges. Serve it with your favorite Thai dipping sauce.

## **Serves 4–6 as an appetizer or 2 as a brunch item**

When is basil not just plain old basil? When it's Horapa, Ga-prow, or Manglug. Don't be afraid to experiment with different basils. They all taste great!

### **Crispy Mussel Pancakes**

*1 cup shelled mussels (about 1 pound before shelling)*

*½ cup tapioca flour*

*¼ cup all-purpose flour*

*¼ teaspoon salt*

*1 teaspoon baking powder*

*¾ cup water*

*2 cups bean sprouts*

*2 tablespoons chopped cilantro, plus extra for garnish*

*Salt and ground pepper to taste*

1. To prepare the mussels, rinse them quickly under cold running water. Debeard the mussels by pulling out the brown membrane that is sometimes still attached. Discard any mussels that are already open. Fill a large skillet with  $\frac{1}{2}$  to 1 inch of water. Bring the water to a boil, then add the mussels, cover, and let steam about 4 minutes or until the mussels have opened, shaking the pan every so often. Drain the mussels through a colander. Let cool to room temperature and then use a small fork to pull the meat from the shell; set aside on paper towels.
2. In a medium-sized mixing bowl, stir together the flours, the salt, and the baking powder. Whisk in the water to form a thin batter.
3. Preheat the oven to 200 degrees. In a large, heavy-bottomed skillet, heat the vegetable oil over medium-high heat. Pour half of the batter into the skillet and top with half of the mussels. Cook until the batter has set and turned golden, about 2 minutes. Carefully flip the pancake

over and continue cooking until golden. Remove the pancake to a baking sheet lined with some foil and place it in the oven to keep warm. Repeat to make a second pancake with the remaining batter and mussels.

4. Add 1 teaspoon of vegetable oil to the skillet if it is dry, and increase the heat to high. Add the bean sprouts, sprinkle with salt and ground pepper to taste, and stir-fry quickly just to heat through, about 30 seconds.
5. To serve, place each pancake in the center of a plate. Top with the bean sprouts, some cilantro, and a grind of fresh pepper. Serve with a sweet-and-sour sauce of your choice.

## Serves 2–4

I know these sound weird, but you have to trust me on this. They're great! The slightly herbed pancakes make a perfect foil for the subtle taste of the mussels.

### Chicken, Shrimp, and Beef Satay

#### Chicken

*1 recipe Thai Marinade (see recipes in Chapter 1)*

*3 whole boneless, skinless chicken breasts, cut into long strips about ½-inch wide*

*1 recipe Peanut Dipping Sauce (see recipes in Chapter 2)*

1. Thread the chicken strips onto presoaked bamboo skewers or onto metal skewers. Place the skewers in a flat pan and cover with marinade. Marinate the chicken in the refrigerator overnight.
2. Cook the skewers on the grill or under the broiler, basting and turning them until they are cooked through, about 6 to 8 minutes.
3. Serve with the peanut sauce for dipping.

#### Shrimp

*1 recipe Thai Marinade*

*24 large shrimp, shelled and deveined*

*1 recipe Peanut Dipping Sauce*

1. Thread the shrimp onto presoaked bamboo skewers or onto metal skewers (about 3 shrimp per skewer). Place the skewers in a flat pan and cover with marinade. Marinate the shrimp for at least 15 minutes, but no longer than 1 hour.
2. Cook the skewers on the grill or under the broiler, basting and turning them often until just opaque, about 3 to 4 minutes.

3. Serve with the peanut sauce for dipping.

## **Makes 4–6 chicken skewers or 6–8 shrimp or beef skewers**

Satays are served hot but are almost as delicious at room temperature, and they go great with a cold beer. Don't forget to have a lot of peanut sauce!

### **Beef**

*1 recipe Thai Marinade*

*1-1½ pounds sirloin steak, fat and sinew removed, cut into ½-inch-wide strips*

*1 recipe Peanut Dipping Sauce*

1. Thread the beef strips onto presoaked bamboo skewers or onto metal skewers. Place the skewers in a flat pan and cover with marinade. Marinate the beef in the refrigerator overnight.
2. Cook the skewers on the grill or under the broiler, basting and turning them often until done to your liking, about 6 to 8 minutes for medium.
3. Serve with the peanut sauce for dipping.



### **The Origin of Satay**

*Satay was first introduced to Thailand by Arab traders from the Middle East.*

## **Shrimp Toast**

*8 slices of white bread, left to sit out overnight, crusts removed*

*½ pound shrimp, cleaned, deveined, and coarsely chopped*

*¼ pound ground pork*

*1 tablespoon chopped cilantro*

*2 cloves garlic, minced*

*⅛ teaspoon cayenne*

*¼ teaspoon salt*

*1 egg, beaten*

*2 teaspoons soy sauce*

*2 tablespoons sesame seeds*

*2 teaspoons vegetable oil, divided*

*32 slices cucumber*

1. In a small bowl, combine the shrimp and pork; set aside.
2. In another small bowl, combine the cilantro, garlic, cayenne, and salt. Pour the spice mixture over the shrimp and pork, and combine.
3. Stir in the beaten egg and soy sauce; mix well. Divide the mixture into 8 parts.
4. Smoothly spread a thin layer of the mixture on each slice of bread and sprinkle with sesame seeds.
5. Heat  $\frac{1}{4}$  teaspoon vegetable oil in nonstick skillet. When it is very hot, place 1 piece of bread, meat side down, in the oil. Cook until golden in color, then remove to a paper towel, blotting any excess oil. Repeat for all of the bread sides.
6. Cut each slice of bread into quarters and top each quarter with a cucumber slice.

## **Yields 32 pieces**

The pork in this recipe not only adds a bit of extra flavor, but also helps to bind the ingredients together. You could also use ground chicken or turkey if you don't want the pork.

### **Pork Toast Triangles**

*1/4 pound of large shrimp, peeled and deveined*

*1 tablespoon dried shrimp*

*1 tablespoon chopped cilantro*

*2 cloves garlic, peeled*

*1 pound ground pork (the leaner the better)*

*1 egg*

*1 tablespoon fish sauce*

*6 slices day-old bread, crusts trimmed off*

*Vegetable oil for frying*

1. Fill a medium-sized saucepan with water and bring it to a boil. Reduce the heat, add the shrimp, and simmer until the shrimp are opaque. Drain the shrimp and let cool to room temperature. Coarsely chop and set aside.
2. Place the dried shrimp, cilantro, and the garlic in a food processor and blend until a smooth paste is formed. Add the reserved shrimp and ground pork; process again. Add the egg and fish sauce and process once more.
3. Spread the mixture evenly over each slice of bread. Cut the bread into 4 equal slices, either from corner to corner forming triangles or from top to bottom forming squares.
4. Add approximately  $\frac{1}{2}$  inch of vegetable oil to a large skillet. Bring the oil to approximately 375 degrees over medium-high heat. Place 4 to 5

toasts in the oil, filling side down. Make sure that the toasts are not crowded in the oil or they will not brown evenly. After the filling side is nicely browned, use a slotted spoon or metal strainer to flip the toasts. Watch the toasts carefully, as the bottoms will brown quickly. Remove the toasts to a stack of paper towels to drain. Carefully pat the tops of the toasts with paper towels to remove any oil.

5. Serve the toasts with sweet-and-sour or plum sauce.

## **Yields 24 pieces**

Similar in concept to the Shrimp Toast, this recipe features pork and uses the shrimp as the primary accent flavor, resulting in a milder overall taste.

### **Mee Krob**

*½ cup honey*

*½ cup rice or white vinegar*

*5 tablespoons sugar*

*2–3 drops red food coloring*

*1 tablespoon Tamarind Concentrate (see recipe on page 18)*

*Vegetable oil for deep-frying*

*2 eggs, beaten*

*½ pound thin rice stick noodles, broken into handfuls*

*½ cup dried shrimp*

*1 cup bean sprouts*

*10 small lime wedges*

1. Combine the honey, vinegar, sugar, food coloring, and tamarind in a medium-sized saucepan. Bring the mixture to a boil over medium heat, stirring occasionally. Reduce heat and simmer for 2 to 3 minutes or until the mixture begins to thicken; remove from heat and set aside.
2. Bring about 3 inches of vegetable oil to 360 degrees in a deep fryer or skillet. Drop a single layer of the rice stick noodles into the hot oil, making sure to leave enough room for them to cook evenly. Turn the noodles with a slotted spoon as soon as they begin to puff up. As soon as the noodles are golden, remove them to paper towels to drain. Repeat until all of the noodles are cooked.
3. Add the dried shrimp to the oil and cook for 45 seconds or so. Remove to paper towels.

4. Pour out all but a thin coat of the oil from the skillet. Add the beaten eggs and stir-fry them quickly, stirring them into long strips. As soon as they are cooked, remove them to paper towels.
5. Bring the sauce back to a boil. Stir in the shrimp and continue to boil for 2 minutes.
6. Place about  $\frac{1}{3}$  of the noodles on a serving platter and spoon about  $\frac{1}{3}$  of the sauce over the top; gently toss to coat the noodles evenly being careful not to crush the noodles. Repeat until all of the noodles are coated in sauce.
7. To serve, mound the noodles, place the egg strips over them, and top with the bean sprouts. Pass the lime wedges.

## Serves 4–6

This dish has a royal background, but is now an everyday Thai staple. Mee krob is usually served either as an appetizer or as a noodle salad, but I like to eat it as a snack.

### Son-in-Law Eggs

*1/4 cup vegetable oil  
10 hard-boiled eggs, cooled and peeled  
2 shallots, thinly sliced  
½ cup light brown sugar  
3 tablespoons fish sauce  
⅓ cup Tamarind Concentrate (see recipe on page 18)  
¼ cup chopped cilantro  
Dried hot chili flakes to taste*

1. Heat the vegetable oil in a skillet over medium heat. Place the whole eggs in the skillet and fry until golden brown. Remove the eggs to paper towels and set aside. (If your skillet can't hold all of the eggs comfortably, do this in batches.)
2. Add the shallots to the skillet and sauté until just beginning to brown. Remove the shallots from the oil with a slotted spoon and set aside.
3. Put the brown sugar, fish sauce, and tamarind in the skillet. Stir to combine and bring to a simmer. Cook the mixture, stirring constantly, until the sauce thickens, about 5 minutes; remove from heat.
4. Cut the eggs in half vertically and place them face-up on a rimmed serving dish. Spread the shallots over the eggs and then drizzle the eggs with the sauce. Garnish with cilantro and chili pepper flakes.



## The Secret to Making Perfect Hard-Boiled Eggs

*The perfect hard-boiled egg has a delicate white and a fully cooked yolk, without even a hint of the unattractive gray shadow that affects an improperly cooked egg. The perfect hard-boiled egg is also easy to peel. To achieve this, put the eggs in enough cold water to cover them by 1 inch and boil for 1 minute only. Then remove from heat, cover, and let them sit for 15 minutes. Then, transfer the eggs to a bath of ice water for 15 to 20 minutes. They should then peel easily.*

## **Yields 20**

A version of deviled eggs with all of the characteristic Thai flavors — sweet, sour, salty, and spicy — these eggs make a delightful addition to a picnic basket, a summer barbecue, or as a quick snack.

### **Salt-Cured Eggs**

*6 cups water*

*1½ cups salt*

*1 dozen eggs*

1. Combine the water and the salt in a large saucepan and bring to a boil over high heat. Remove from heat and let cool to room temperature.
2. Carefully place the eggs in a container. Pour the salt water over the eggs and seal the container tightly. Place the container in the refrigerator and let the eggs cure for at least 1 month.
3. To serve, hard-boil the eggs, let cool to room temperature, then peel, slice, and enjoy.

## **Yields 1 dozen eggs**

Salt-cured eggs are delicious as is — just peel and eat. I used them for Easter eggs this year, much to the delight of my husband, who is a real hard-boiled egg fan. They were beautiful and tasted great.

## **3-Flavor Rice Sticks**

*1 pound rice sticks, broken into 3-inch segments*

*Vegetable oil for frying*

*Salt to taste*

*Curry powder to taste*

*Cayenne pepper to taste*

1. Pour 2 to 3 inches of vegetable oil into a large skillet and heat to 350 degrees. Fry the rice sticks in batches (making sure not to overcrowd the pan), turning them quickly as they puff up. After they stop crackling in the oil, transfer the puffed sticks to paper towels to drain.
2. While the rice sticks are still hot, sprinkle salt on 1 batch; sprinkle a second batch with curry powder; and a third batch with cayenne pepper to taste.

## Serves 4–6

These crunchy sticks are irresistible: I challenge you to eat just a handful! Don't be shy about experimenting with other spice blends or flavoring agents.

### Thai Fries

*2 medium-sized sweet potatoes  
4 green plantains  
1 pound taro root  
1 cup rice flour  
1 cup sticky rice flour  
Water  
1 teaspoon black pepper  
1 teaspoon salt  
2 tablespoons sugar  
3 tablespoons black sesame seeds  
1 14-ounce bag shredded sweetened coconut*

1. Peel the root vegetables and cut them into flat  $\frac{1}{8}$ -inch-thick strips about 3 inches long and 1 inch wide.
2. Combine the flours in a large mixing bowl and stir in  $\frac{1}{2}$  cup of water. Continue adding water  $\frac{1}{4}$  cup at a time until a mixture resembling pancake batter is formed. Stir in remaining ingredients.
3. Fill a medium-sized saucepan a third to a half full with vegetable oil. Heat the oil over high heat until very hot, but not smoking.
4. Add some of the vegetables to the batter, coating them well. Using a slotted spoon or Asian strainer, place the vegetables in the hot oil. (Be careful here: The oil may spatter.) Fry the vegetables, turning them

occasionally, until golden brown. Transfer the fried vegetables to a stack of paper towels to drain, then serve immediately.

## Serves 4–8

A great finger food super for casual gettogethers, these fried vegetables sometimes never leave the kitchen because sneaky fingers grab them right off the paper towels! They are that good!

### Spicy Coconut Bundles

*1 cup shredded fresh coconut*

*¾ cup brown sugar*

*⅓ cup shrimp paste*

*½ cup diced red onion*

*½ cup chopped lime segments*

*½ cup chopped peanuts*

*½ cup dried shrimp*

*1–2 jalapeños, seeded and sliced*

*20–25 medium-sized spinach leaves, washed and patted dry*

1. Place the coconut in a medium-sized sauté pan and cook over medium heat until browned, about 20 minutes; set aside to cool.
2. In a small saucepan, melt the brown sugar over medium heat, stirring constantly. Mix in the shrimp paste until well combined. Set the sauce aside.
3. Place the coconut, onion, lime pieces, peanuts, dried shrimp, and jalapeños in a medium-sized serving bowl; gently toss to combine.
4. To serve, place 4 to 5 spinach leaves (depending on the size of the leaves) on each serving plate. Top each leaf with approximately 1 tablespoon of the coconut mixture and drizzle a bit of sauce over the coconut.
5. To eat, roll up the spinach leaf around the coconut mixture and pop the whole bundle in your mouth. Pass additional sauce separately.

## Serves 4

These fun, “make it yourself” bundles are one of my favorite snacks. They are packed full of flavor and texture — so much so that it's probably not a bad idea to make a double recipe!

### Curried Fish Cakes

*1/4 cup chopped shallots  
1/4 cup chopped garlic  
1/4 cup chopped lemongrass, inner portion only  
1 tablespoon chopped ginger  
1/2 teaspoon peppercorns  
1 teaspoon grated lime peel  
1 tablespoon shrimp paste  
5–10 dried chilies, seeded, soaked, and shredded  
1/2 tablespoon salt  
1 pound boneless whitefish steak, minced  
1 egg, beaten  
1/2 pound French beans, trimmed and finely chopped  
Vegetable oil for frying*

1. Place the shallots, garlic, lemongrass, ginger, peppercorns, lime peel, shrimp paste, chilies, and salt in a food processor or blender and process to form a smooth paste.
2. Add the fish to the food processor and pulse until well combined with the spice paste. Add the beaten egg and combine once more. Transfer the fish mixture to a large mixing bowl and stir in the green beans.
3. Using approximately 1 tablespoon of fish mixture, form a flat, round cake; repeat until all of the mixture is used.

4. Heat approximately  $\frac{1}{8}$  to  $\frac{1}{4}$  inch of vegetable oil to 350 degrees over medium-high heat in a skillet or deep fryer; fry the fish cakes until golden.
5. Serve with your favorite dipping sauce.

## **Yields 15–20 small cakes**

One of my favorite dishes growing up was my mother's salmon cakes. Here is a Thai version. Whitefish is used so that the lemongrass and ginger aren't overpowered by the fish.

### **Spicy Scallops**

*1 teaspoon vegetable oil  
1 clove garlic, minced  
1 jalapeño, seeded and minced  
1 (½-inch) piece of ginger, peeled and minced  
⅛ teaspoon ground coriander  
2 tablespoons soy sauce  
2 tablespoons water  
8 large scallops, cleaned*

1. In a pan large enough to hold all of the scallops, heat the oil over medium heat. Add the garlic, jalapeño, and ginger, and stir-fry for about 1 minute.
2. Add the coriander, soy sauce, and water, stirring to combine; simmer for 2 to 3 minutes. Strain the liquid through a fine-mesh sieve. Allow the pan to cool slightly.
3. Add the scallops to the pan and spoon the reserved liquid over the top of them. Return the pan to the stove, increasing the heat to medium-high. Cover the pan and let the scallops steam for about 2 to 3 minutes, or until done to your liking. Serve immediately.



#### **Cleaning Out Whole Scallops**

*If you buy scallops whole, there is an easy way to clean out the meat! Simply put the scallops on ice for about 10 minutes, which will cause them to open up. Then, using a sturdy tablespoon, slide the spoon in-between the open shell and twist open. Then use the spoon to scoop out the meat — that's it!*

## Serves 4

These scallops are simple to make but are sure to impress even your most fussy guests. They are also tasty over pasta as a main course. Make sure to use the freshest scallops you can find.

### Spicy Ground Pork in Basil Leaves

*Juice of 1–2 limes*

*½ pound ground pork*

*3 tablespoons fish sauce*

*1 shallot, thinly sliced*

*¼ tablespoon (or to taste) ground dried chili pepper*

*5 sprigs cilantro, chopped*

*1 tablespoon toasted rice powder (available in Asian specialty stores)*

*Lettuce and/or large basil leaves*

1. Squeeze the juice of half of a lime over the ground pork and let marinate for a few minutes.
2. Heat a large skillet on high. Add a couple of tablespoons of water and then immediately add the pork; stir-fry until the pork is cooked through. (Don't worry if the pork sticks at first — it will eventually loosen.)
3. Pour off any fat that has accumulated in the pan and then put the pork in a large mixing bowl. Add the remaining lime juice (to taste), fish sauce, shallot, ground chili pepper, cilantro, and toasted rice; stir to combine thoroughly.
4. To serve, place the mixture in a serving bowl and let guests use the lettuce and basil leaves to scoop out the mixture.

## Serves 4

I remember the first time I went to an Ethiopian restaurant and was encouraged to eat using flatbread instead of utensils. This Thai dish is eaten using basil and lettuce leaves as utensils.

### Skewered Thai Pork

*2 tablespoons sugar*

*1 teaspoon salt*

*3 cloves garlic, minced*

*1 tablespoon fish sauce*

*1 tablespoon coconut milk*

*1 pound pork, thinly sliced into long strips*

*20–30 bamboo skewers, soaked in water for 1 hour*

1. In a medium-sized bowl, combine the sugar, salt, garlic, fish sauce, and coconut milk.
2. Toss the pork strips in the mixture to coat thoroughly. Cover the bowl and marinate for at least 30 minutes, but preferably overnight in the refrigerator.
3. Thread the pork strips onto the bamboo skewers.
4. Grill the skewers for about 3 to 5 minutes per side.
5. Serve with your favorite sauce or as is.



### Using Bamboo Skewers

*When using bamboo skewers for grilling, always be sure to soak them in water for at least an hour (to prevent them from catching on fire or*

*charring badly). Another way to reduce charring of the skewers is to make sure as much of the skewer is covered by food as possible — leave only ¼–½ inch of space at the end.*

## Serves 2–3

This recipe is similar to satay, but the coconut milk in this dish infuses it with a certain tropical nuance, and it is rarely served with peanut sauce. Although, if peanut sauce is your thing, don't let me stop you.

## Fried Won Tons

*1 clove garlic, minced  
2 tablespoons minced cilantro  
1 tablespoon soy sauce  
 $\frac{1}{2}$  cup chopped white mushrooms  
Pinch white pepper  
 $\frac{1}{2}$  pound ground pork  
25 won ton skins  
Vegetable oil for frying*

1. In a medium-sized mixing bowl, thoroughly combine the garlic, cilantro, soy sauce, mushrooms, white pepper, and ground pork.
2. To make the won tons, place approximately  $\frac{1}{2}$  teaspoon of the filling in the middle of a won ton skin. Fold the won ton from corner to corner, forming a triangle. Press the edges together to seal closed. Repeat with the remaining skins and filling.
3. Add about 2 to 3 inches of vegetable oil to a deep fryer or wok. Heat the oil on medium until it reaches about 350 degrees. Carefully add the won tons, 2 or 3 at a time. Fry until they are golden brown, turning them constantly. Transfer the cooked won tons to drain on paper towels as they are done.
4. Serve the won tons with either sweet-and-sour sauce or the sauce of your choice.

## **Yields approx. 25 won tons**

Although won tons and spring rolls often have similar fillings, their wrappers set them apart. Spring rolls use rice flour wrappers; won ton wrappers are made with wheat flour.

### **Fried Tofu with Dipping Sauces**

*1 package of tofu, cut into bite-sized cubes*

*Vegetable oil for frying*

*Dipping sauces of your choice*

1. Add about 2 to 3 inches of vegetable oil to a deep fryer or wok. Heat the oil on medium until it reaches about 350 degrees. Carefully add some of the tofu pieces, making sure not to overcrowd them; fry until golden brown, turning constantly. Transfer the fried tofu to paper towels to drain as each batch is cooked.
2. Serve the tofu with a choice of dipping sauces, such as Sweet-and-Sour, Peanut, and Minty Dipping Sauce (see recipes in Chapter 2).

## **Serves 2–4**

Although this recipe calls for frying, it is one of the healthiest dishes you can eat. Tofu, which is made from soybeans, is one of the best foods on the planet — low fat, high protein, no dairy, and no sodium.

### **Cold Sesame Noodles**

*1 pound angel hair pasta*

*2 tablespoons sesame oil*

*¼ cup creamy peanut butter or tahini*

*2 tablespoons rice vinegar*

*1 tablespoon grated ginger*

*¼–½ teaspoon dried red pepper flakes*

*1–2 green onions, trimmed and thinly sliced (optional)*

1. Cook the pasta according to package directions. Rinse under cold water, then set aside.
2. Vigorously whisk together the remaining ingredients; pour over pasta, tossing to coat.
3. Garnish with green onion if desired.

## Serves 2–4

I first made this tasty, inexpensive dish back when I was in college. My roommates and I would make huge bowlfulls of sesame noodles and chase it down with a cold beer.

### Chinese-Style Dumplings

*1/4 cup sticky rice flour  
1 cup rice flour  
1/2 cup water  
1/4 cup tapioca flour  
1 teaspoon vegetable oil  
2 cups chives, cut into 1/2-inch lengths  
1 tablespoon soy sauce*

1. In a medium-sized saucepan, stir together the sticky rice flour, the rice flour, and the water. Turn the heat to medium and cook, stirring constantly until the mixture has the consistency of glue. (If the mixture becomes too sticky, reduce the heat to low.) Remove the batter from the heat and quickly stir in the tapioca flour. Set aside to cool to room temperature.
2. Meanwhile, add the vegetable oil to a skillet large enough to easily hold the chives, and heat on high. Add the chives and the soy sauce. Stir-fry the chives just until they wilt. Be careful not to let the chives cook too much. Remove from heat and set aside.
3. Once the dough has reached room temperature, check its consistency. If it is too sticky to work with, add a bit more tapioca flour.
4. To make the dumplings, roll the batter into balls 1 inch in diameter. Using your fingers, flatten each ball into a disk about 4 inches across. Spoon about 1 tablespoon of the chives into the middle of each disk.

Fold the disk in half and pinch the edges together to form a halfmoon-shaped packet.

5. Place the dumplings in a prepared steamer for 5 to 8 minutes or until the dough is cooked. Serve with a spicy dipping sauce of your choice.

## **Yields 15–20 dumplings**

If you prefer your dumplings pan-fried, follow steps 1 through 6, then fry them in a sauté pan with a bit of vegetable oil over medium-high heat until browned to your liking.



Soups

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[Tom Ka Kai](#)

[Chicken Soup with Lemongrass](#)

[Asian Chicken Noodle Soup](#)

[Lemony Chicken Soup](#)

[Spicy Seafood Soup](#)

[Pumpkin Soup](#)

[Thai-Spiced Beef Soup with Rice Noodles](#)

[Vegetarian Lemongrass Soup](#)

[Chilled Mango Soup](#)

## **Tom Yum**

*4–5 cups water*

*3 shallots, finely chopped*

*2 stalks lemongrass, bruised and cut into 1-inch-long segments*

*2 tablespoons fish sauce*

*2 tablespoons minced fresh ginger*

*20 medium-sized shrimp, shelled but with tails left on*

*1 can straw mushrooms, drained*

*2–3 teaspoons sliced kaffir lime leaves or lime zest*

*3 tablespoons lime juice*

*2–3 Thai chili peppers, seeded and minced*

1. Pour the water into a medium-sized soup pot. Add the shallots, lemongrass, fish sauce, and ginger. Bring to a boil, reduce heat, and simmer for 3 minutes.
2. Add the shrimp and mushrooms, and cook until the shrimp turn pink. Stir in the lime zest, lime juice, and chili peppers.
3. Cover and remove from the heat. Let the soup steep for 5 to 10 minutes before serving.



**Tom Yum Soup for Life**

A joint study by Thailand's Kasetsart University and Japan's Kyoto and Kinki Universities has found that the ingredients in Tom Yum soup are 100 times more effective in inhibiting cancerous tumor growth than other foods. No wonder it's Thailand's bestselling soup!

## Serves 4–6

You can substitute chicken for the shrimp in this dish. Cut up 1 boneless, skinless chicken breast into bite-sized pieces, add the pieces during step 2, and poach for about 8 minutes before proceeding.

### Tom Ka Kai

*2 cups chicken broth  
1 teaspoon sliced kaffir lime leaves  
1 (2-inch) piece of lemongrass, bruised  
1 (1-inch) piece ginger, sliced thinly  
4 tablespoons fish sauce  
2 tablespoons lime juice  
1 boneless, skinless chicken breast, cut into bite-sized pieces  
5 ounces coconut milk  
2–4 Thai chilies (to taste), slightly crushed*

1. In a medium-sized soup pot, heat the broth on medium. Add the lime leaves, lemongrass, ginger, fish sauce, and lime juice.
2. Bring the mixture to a boil, add the chicken and coconut milk, and bring to a boil again.
3. Reduce the heat, add the chilies, and cover; let simmer until the chicken is cooked through, about 3 to 5 minutes.
4. Remove the chilies and the lemongrass stalk with a slotted spoon before serving.



#### Handling Lemongrass

*Lemongrass is a very popular ingredient in Thai and other Asian recipes. It can usually be found fresh in most well-stocked supermarkets and can be stored in the fridge for about 3 weeks or frozen for up to 6 months. Many recipes call for lemongrass to be “bruised.” This helps add more flavor to your recipe. If you like the strong flavor, feel free to bruise lemongrass even when not called for in a recipe.*

## Serves 4–6

This soup can be served as is or ladled over mounds of rice in individual serving bowls. I love it with some cooked noodles thrown in.

### Chicken Soup with Lemongrass

*1 tablespoon vegetable oil  
1 medium onion, minced  
1 clove garlic, minced  
1 stalk lemongrass, trimmed, bruised, and cut into 2 to 3 pieces  
2 teaspoons prepared Red Curry Paste (see recipes in Chapter 1) or curry powder  
1 (1-inch) piece ginger, cut into 6 pieces  
3 lime leaves (fresh or dried)  
4 cups chicken broth  
1 (14-ounce) can unsweetened coconut milk  
¾ pound boneless, skinless chicken breast, trimmed and cut into bite-sized pieces  
2 cups wild or domestic mushrooms, cut into bite-sized pieces (if necessary)  
Juice of 2 limes  
2 tablespoons fish sauce  
Salt and pepper to taste*

1. In a medium-sized saucepan, combine the oil, onion, and garlic. Cook over medium heat for 1 minute. Add the lemongrass, curry paste, ginger, and lime leaves.
2. Cook, stirring, for 3 minutes, then add the broth. Bring to a boil, reduce heat to medium, and continue to cook for 10 more minutes.
3. Add the coconut milk, the chicken pieces, and the mushrooms. Continue to cook for 5 minutes or until the chicken is done.

4. Stir in the lime juice and fish sauce. Season to taste with salt and pepper.
5. Remove the lemongrass, lime leaves, and ginger pieces before serving.

## Serves 4–6

This soup is an explosion of flavors — spicy from the curry paste and ginger, sweet from the coconut milk, and sour from the lime leaves. The mushrooms and the chicken let these vibrant flavors shine.

### Asian Chicken Noodle Soup

*2 tablespoons vegetable oil  
½ cup chopped onion  
2 tablespoons chopped ginger  
3 cloves garlic, minced  
1 cup chopped cilantro  
2 cups chicken broth  
5 cups water, divided  
2 star anise  
1 carrot, peeled and julienned  
3 ounces snow peas, trimmed  
1 medium-sized sweet red pepper, seeded and julienned  
2 whole boneless, skinless chicken breasts, cut into long strips  
4 ounces, cellophane noodles, soaked in boiling water for 5 minutes and drained  
2 tablespoons fish sauce  
Peanuts, coarsely chopped  
Lemon or lime wedges*

1. In a large saucepan, heat the oil on high. Add the onion and sauté until translucent. Add the ginger, garlic, and cilantro, and sauté for 1 more minute. Stir in the broth and 2 cups of the water. Add the star anise. Bring to a boil, reduce heat, and cover; simmer for 20 to 30 minutes.
2. In another saucepan, bring the remaining water to a boil. Add the vegetables and blanch for 1 minute or until tender-crisp. Drain and run

very cold water over the vegetables to stop the cooking process; set aside.

3. Strain the broth into a clean soup pot and bring to a boil. Add the chicken strips and reduce heat. Poach the chicken over low heat until opaque, approximately 10 minutes. Add the cellophane noodles and reserved vegetables, and continue to simmer for 2 more minutes. Season to taste with fish sauce.
4. To serve, ladle the soup into warm bowls. Sprinkle with peanuts and garnish with lime wedge.

## **Serves 4 to 6**

No matter where you are, there's something comforting about chicken noodle soup. This soup is definitely Thai — together, the ginger, anise, and fish sauce create a delightful broth.

### **Lemony Chicken Soup**

*½ cup lemon slices, including peel*

*3 tablespoons fish sauce*

*1½ teaspoons fresh hot chili pepper, seeded and chopped*

*2 green onions, thinly sliced*

*1½ teaspoons sugar*

*1½ cups coconut milk*

*2 cups chicken broth*

*3 teaspoons lemongrass, peeled and chopped*

*1 cup straw mushrooms*

*1 tablespoon minced fresh ginger*

*1 whole boneless, skinless chicken breast, poached and shredded*

1. Combine the lemon slices, fish sauce, chili pepper, green onion, and sugar in a small glass bowl; set aside.
2. Combine the coconut milk, chicken broth, lemongrass, mushrooms, and ginger in a saucepan. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes. Add the chicken and lemon mixture; heat through.
3. To serve, ladle into warmed bowls.

## Serves 4–6

This soup is sure to make you pucker! The lemon and the chilies brighten the broth of this easy-to-make and oh-so-flavorful soup. If you like lemon, this soup is for you.

### Spicy Seafood Soup

*1 tablespoon vegetable oil  
1 pound medium-sized raw shrimp, peeled and deveined, shells reserved  
2 quarts fish or chicken stock  
1 quart water  
3 stalks lemongrass, peeled and chopped  
Zest of 1 lime, grated  
6–8 kaffir lime leaves  
10 ( $\frac{1}{8}$ -inch-thick) slices fresh ginger  
2 fresh serrano chilies, seeded and chopped  
24 fresh mussels, cleaned  
2 tablespoons lime juice  
2 tablespoons fish sauce  
3 tablespoons chopped fresh cilantro  
Red pepper flakes to taste  
 $\frac{1}{4}$  cup sliced green onions  
Salt*

1. Heat the vegetable oil in a large saucepan. Add the shrimp shells and sauté until they turn bright pink. Add the stock, water, lemongrass, lime zest, lime leaves, ginger, and serrano chilies. Bring to a boil, reduce heat, and simmer for 30 minutes. Strain the broth into a clean soup pot.
2. Bring the broth to a boil. Add the mussels, cover, and cook until the shells open, about 2 minutes. Use a slotted spoon to remove the

mussels, discarding any that have not opened. Remove the top shell of each mussel and discard. Set aside the mussels on the half shell.

3. Add the shrimp to the boiling broth and cook until they are opaque, about 2 minutes. Reduce heat to low.
4. Add the mussels to the pot. Stir in the lime juice, fish sauce, cilantro, red pepper flakes, and green onions. Simmer for 1 to 2 minutes. Season to taste with salt.
5. Serve immediately.

## Serves 4–6

This soup is a Thai version of the French classic bouillabaisse — although frankly I would bet that the Thai version has been around longer than the French one. Either way, it's a great way to serve seafood.

### Pumpkin Soup

#### For the broth:

*2 tablespoons butter  
1 small pumpkin, peeled, seeded, and cut into small chunks  
1 medium-sized leek, sliced  
1½ stalks celery, sliced  
1 small banana, sliced  
1 red chili pepper, cut in half and seeded  
3 stalks lemongrass, peeled and thinly sliced  
1 clove of garlic, halved  
1 tablespoon finely chopped ginger  
3¼ cups vegetable broth  
½ cup half-and-half  
½ cup coconut milk  
1 tablespoon Green Curry Paste (see recipes in Chapter 1)  
Salt and pepper to taste*

#### For the chicken and vegetables:

*2 tablespoons butter  
1 whole boneless, skinless chicken breast, trimmed and cut into strips  
2 teaspoons finely chopped ginger  
2 kaffir lime leaves, cut into strips  
2 teaspoons prepared Green Curry Paste (see recipes in Chapter 1)  
1 tablespoon vegetable oil  
1 small Japanese eggplant, cut into 4 pieces  
2 red chili peppers, cut in half and seeded (optional)  
¾ cup cooked rice  
Thai basil*

## **Serves 4**

This hearty soup makes a great dinner when served with a light salad and some crusty bread. I'm sure it will become one of your favorites.

To prepare the broth:

1. In a large pot, melt the butter over medium heat. Add the pumpkin, leeks, celery, bananas, chili pepper, lemongrass, garlic, and ginger; sweat for 5 minutes.
2. Add the vegetable broth and heat until warm.
3. Add the half-and-half, coconut milk, and curry paste; simmer for 15 to 20 minutes.
4. Remove the chili pepper halves. Transfer the broth mixture to a blender or food processor and purée until smooth. Strain if desired, and season to taste with salt and pepper. Pour the mixture into a clean pot and keep warm. To prepare the chicken and vegetables:
5. Melt the butter in a heavy-bottomed sauté pan over medium heat. Add the chicken strips, ginger, lime leaves, and curry paste. Sauté until the chicken is cooked, but not browned. Add the chicken mixture to the broth.
6. In another sauté pan, heat the vegetable oil. Add the eggplant and sauté until just warmed through.
7. To serve, divide the rice among 4 soup bowls. Spoon the broth over the rice. Top with a piece of eggplant, a chili pepper half (if desired), and some basil.

## **Thai-Spiced Beef Soup with Rice Noodles**

*8 cups beef broth*

*1 whole star anise, crushed  
1 (2-inch) cinnamon stick  
2 ( $\frac{1}{4}$ -inch) pieces peeled gingerroot  
8 ounces rice noodles, soaked in hot water for 10 minutes, strained and rinsed in cold water  
1 stalk lemongrass, tough outer leaves removed, inner core crushed and minced  
 $\frac{3}{4}$  cup leftover beef roast, chopped or shredded  
 $\frac{1}{4}$  cup fish sauce  
1 tablespoon prepared chiligarlic sauce  
 $2\frac{1}{2}$  tablespoons lime juice  
3–4 teaspoons (or to taste) salt  
Freshly ground black pepper to taste*

1. In a medium-sized saucepan, simmer the beef broth, star anise, cinnamon stick, and ginger over low heat for 30 to 40 minutes.
2. Strain the stock and return to the saucepan.
3. Add the noodles, lemongrass, shredded beef, fish sauce, chili sauce, and garlic. Bring the soup to a boil over medium heat. Reduce heat and simmer for 5 minutes. Stir in the lime juice, salt, and pepper.

## Serves 4–6

I like using leftover pot roast for the beef because I prefer the more tender texture, but any cooked beef will do. And frankly, you could leave out the meat entirely and still have a really great dish.

### Vegetarian Lemongrass Soup

*8 cups low-sodium vegetable broth  
1 teaspoon (or to taste) crushed red peppers  
4–6 stalks lemongrass, bruised  
4 tablespoons soy sauce  
Juice of  $\frac{1}{2}$  lime or to taste  
1 can straw mushrooms, drained  
1 cup snow peas, trimmed  
 $\frac{1}{2}$  cup coarsely shredded carrots  
 $\frac{1}{2}$  cup sliced celery  
1 red serrano chili, seeded and thinly sliced*

1. Bring the broth to a simmer in a large saucepan. Add the crushed red peppers, lemongrass, soy sauce, and lime juice. Simmer for 10 minutes.
2. Add the remaining ingredients. Continue to simmer until the vegetables are just done, about 2 to 3 minutes. Remove the lemongrass stalks before serving.



### Vegetarian Thai Food

If you're a vegetarian, or just trying to cut back on your meat consumption, then Thai food is for you! Most Thai dishes start with rice or noodles with vegetables — meat and sauce are placed on top. Meat is rarely the main

focus of the meal, and the flavors of the dish mostly come from the spices and vegetables. Generally, you can substitute tofu in any recipe that includes meat.

## **Serves 4–6**

The original recipe for this Lemongrass Soup calls for chicken broth and fish sauce, but I regularly use vegetable broth and soy sauce instead, and still enjoy this soup very much.

### **Chilled Mango Soup**

*2 large mangoes, peeled, pitted, and chopped*

*1½ cups chilled chicken or vegetable broth*

*1 cup plain yogurt*

*1 teaspoon sugar (optional)*

*1 tablespoon dry sherry*

*Salt and white pepper to taste*

Place all of the ingredients in a blender or food processor and process until smooth. Adjust seasonings. This soup may be served immediately or refrigerated until needed. If you do refrigerate the soup, let it sit at room temperature for 10 minutes or so before serving to take some of the chill off.

## **Serves 2–4**

I know it sounds like a dessert soup, but it's not. Mangoes and papayas are regularly used in both savory and sweet dishes throughout Asia, and this chilled soup is a great example. It is a perfect summer dish.



**Salads**

[Fiery Beef Salad](#)  
[Spicy Rice Salad](#)  
[Spicy Shrimp Salad](#)  
[Shrimp and Noodle Salad](#)  
[Thailand Seafood Salad](#)  
[Asian Noodle and Vegetable Salad](#)  
[Grilled Calamari Salad](#)  
[Thai Dinner Salad](#)  
[Sweet-and-Sour Cucumber Salad](#)  
[Cucumber Salad with Lemongrass](#)  
[Papaya Salad](#)  
[Zesty Melon Salad](#)  
[Crunchy Coconut-Flavored Salad](#)  
[Thailand Bamboo Shoots](#)

## **Fiery Beef Salad**

### **For the dressing:**

*1/4 cup basil leaves  
2 tablespoons chopped serrano chilies  
2 cloves garlic  
2 tablespoons brown sugar  
2 tablespoons fish sauce  
1/4 teaspoon black pepper  
1/4 cup lemon juice*

### **For the salad:**

*1 pound beef steak  
Salt and pepper to taste  
1 stalk lemongrass, outer leaves removed and discarded, inner stalk finely sliced  
1 small red onion, finely sliced  
1 small cucumber, finely sliced  
1 tomato, finely sliced  
1/2 cup mint leaves  
Bibb or romaine lettuce leaves*

1. Combine all of the dressing ingredients in a blender and process until well incorporated; set aside.
2. Season the steak with salt and pepper. Over a hot fire, grill to medium-rare (or to your liking). Transfer the steak to a platter, cover with foil, and let rest for 5 to 10 minutes before carving.
3. Slice the beef across the grain into thin slices.
4. Place the beef slices, any juices from the platter, and the remaining salad ingredients, except the lettuce, in a large mixing bowl. Add the dressing and toss to coat.
5. To serve, place lettuce leaves on individual plates and mound the beef mixture on top of the lettuce.

## Serves 2–4

This entrée salad is one of my favorites — somehow hearty and light at the same time. If the weather doesn't permit grilling, the steak can be broiled instead — and it will still be good.

### Spicy Rice Salad

#### For the dressing:

*½ cup rice vinegar*

*½ cup fish sauce*

*¼ cup sesame oil*

*¼ cup hot chili oil*

*¼ cup lime juice*

#### For the salad:

*2 cups long-grained rice (preferably Jasmine)*

*4–6 green onions, trimmed and thinly sliced*

*2 carrots, peeled and diced*

*1 sweet red pepper, seeded and diced*

*1 serrano chili pepper, seeded and minced*

*¼–½ cup chopped mint*

*¼–½ cup chopped cilantro*

*1 pound cooked shrimp*

*⅓ cup chopped unsalted peanuts*

*Lime wedges*

1. Whisk together all of the dressing ingredients; set aside.
2. Cook the rice according to the package directions. Fluff the rice, then transfer it to a large mixing bowl. Allow the rice to cool slightly.
3. Pour approximately  $\frac{1}{3}$  of the dressing over the rice and fluff to coat. Continue to fluff the rice every so often until it is completely cooled.

4. Add the green onions, carrots, red pepper, serrano chili pepper, mint, cilantro, and shrimp to the rice. Toss with the remaining dressing to taste.
5. To serve, place on individual plates and garnish with peanuts and lime wedges.



## Vinegar Distinctions

*Rice wine vinegar has a less sharp flavor than distilled white vinegar and matches particularly well with sesame oil.*

## **Yields approx. 8 cups**

This salad is equally delicious with shredded chicken or turkey instead of the shrimp. Or if you would prefer a vegetarian salad, simply omit the shrimp! I like to have this confetti-like salad for a light lunch.

1. Whisk together all of the dressing ingredients; set aside.
2. Cook the rice according to the package directions. Fluff the rice, then transfer it to a large mixing bowl. Allow the rice to cool slightly.
3. Pour approximately  $\frac{1}{3}$  of the dressing over the rice and fluff to coat. Continue to fluff the rice every so often until it is completely cooled.
4. Add the green onions, carrots, red pepper, serrano chili pepper, mint, cilantro, and shrimp to the rice. Toss with the remaining dressing to taste.
5. To serve, place on individual plates and garnish with peanuts and lime wedges.



### **Vinegar Distinctions**

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## **Yields approx. 8 cups**

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### **Spicy Shrimp Salad**

#### **For the dressing:**

*3 tablespoons sugar*

*4 tablespoons fish sauce*

*½ cup lime juice*

*2 tablespoons prepared chili sauce*

#### **For the salad:**

*¾ pound cooked shrimp*

*¼ cup chopped mint*

*1 small red onion, thinly sliced*

*2 green onions, trimmed and thinly sliced*

*2 cucumbers, peeled and thinly sliced*

*Bibb lettuce leaves*

1. In a small bowl, combine all the dressing ingredients. Stir until the sugar dissolves completely.
2. In a large bowl, combine all of the salad ingredients except the lettuce. Pour the dressing over and toss to coat.
3. To serve, place the lettuce leaves on individual plates. Mound a portion of the shrimp salad on top of the leaves. Serve immediately.



### **Peeling Tomatoes**

*The trick to peeling tomatoes is to quickly blanch them in boiling water before removing the skin. Bring a pan of water to boil, then throw in the tomato for 15 to 30 seconds. Using a slotted spoon, remove the tomato from the water and run it under cold water until it is cool enough to handle. Using the tip of a knife, pull up a small piece of skin, then simply pull the skin off the flesh.*

## Serves 2–4

The cooked shrimp add great color and texture to this salad, but it's equally tasty if you substitute cooked mussels or scallops. Why not try combining all of them?

### Shrimp and Noodle Salad

*8 ounces rice noodles*

*1 stalk lemongrass, finely minced (inner core only)*

*1 cup citrus fruit (oranges, grapefruit, tangerines, etc.) peeled, sectioned, and chopped*

*½ cup chopped peanuts, plus extra for garnish*

*1 medium tomato, peeled, seeded, and chopped*

*3 green onions, sliced*

*½ cup chopped mint leaves*

*½ cup chopped cilantro, plus extra for garnish*

*½–1 teaspoon dried red pepper flakes*

*1 clove garlic, minced*

*1 tablespoon brown sugar*

*¾ cup lime juice (approximately 4–5 limes)*

*2 tablespoons fish sauce*

*24 medium shrimp, peeled and deveined*

*1 tablespoon vegetable oil*

*Salt and ground pepper to taste*

1. Soak the rice noodles in hot water for 10 to 20 minutes or until soft. While the noodles are soaking, bring a large pot of water to boil.
2. Meanwhile, in a large bowl, mix together the lemongrass, citrus, peanuts, tomato, scallions, mint, and cilantro.
3. In a small bowl, combine the red pepper flakes, garlic, sugar, lime juice, and fish sauce. (Adjust seasoning to your taste.)

4. Drain the noodles from their soaking liquid and add them to the boiling water. When the water returns to a boil, drain them again and rinse thoroughly with cold water. Allow the noodles to drain thoroughly.
5. Add the noodles and the dressing to the citrus mixture and toss to combine. Set aside.
6. Brush the shrimp with the vegetable oil and season with salt and pepper. Grill or sauté for approximately 2 minutes per side or until done to your liking.
7. To serve, mound the noodles in the center of a serving platter. Place the grilled shrimp on top and garnish with peanuts and cilantro.

## Serves 6

I like the noodle and fruit mixture in this recipe so much, I even eat it without the shrimp. Or, you can top the noodles with anything you like — grilled scallops, grilled chicken, or grilled pork tenderloin.

### Thailand Seafood Salad

*½ pound squid rings, poached in salted water for 30 seconds*

*½ pound salad shrimp*

*1 (6-ounce) can chopped clams, drained*

*2 medium cucumbers, peeled, halved, seeded, and very thinly sliced*

*1 stalk celery, cleaned and thinly sliced*

*1 small onion, finely chopped*

*1 stalk lemongrass, outer leaves removed, inner core minced*

*1 small serrano chili, seeded and finely chopped*

*2 tablespoons chopped mint*

*1 clove garlic, minced*

*1 green onion, trimmed and thinly sliced*

*¼ cup fish sauce*

*Sugar to taste*

*Bibb lettuce leaves*

1. In a large mixing bowl, gently combine the squid, shrimp, clams, cucumber, and celery; set aside.
2. In a small mixing bowl, stir together the onion, lemongrass, serrano chili, mint, garlic, green onion, and fish sauce. Add sugar to taste.
3. Pour the dressing over the seafood mixture, tossing to coat. Cover and let sit for at least 30 minutes before serving.
4. To serve, place lettuce leaves in the center of 4 to 6 plates. Mound the seafood salad on top of the lettuce leaves.

## Serves 4–6

The different textures and flavors of the seafood in this recipe complement one another well. Still, don't hesitate to try other crustaceans in this recipe, such as bay scallops or lobster.

### Asian Noodle and Vegetable Salad

*8 ounces dried rice noodles, cooked al dente and rinsed under cold water  
2 teaspoons vegetable oil  
1 teaspoon sesame oil  
1 teaspoon soy sauce  
 $\frac{1}{4}$  pound snow peas, trimmed and cut on the diagonal  
1 small red bell pepper, cored, seeded, and cut into thin strips  
1 medium carrot, peeled and thinly sliced on the diagonal  
1 recipe Spicy Thai Dressing (see recipe on page 28)  
10 basil leaves, shredded (preferably Thai or lemon)  
4 green onions, thinly sliced  
1 cup bean sprouts  
1 lime, cut into 6–8 wedges  
 $\frac{1}{2}$  cup toasted peanuts, chopped*

1. In a large bowl, toss the noodles with the oils and the soy sauce.
2. Blanch the snow peas in boiling water for 30 seconds and then rinse them under cold water.
3. Add the snow peas, bell pepper, and the carrot to the noodles and toss.
4. Drizzle the Spicy Thai Dressing over the noodle mixture to taste, add the basil, half of the green onions, and half of the bean sprouts, and toss well.
5. To serve, place the noodle salad on a chilled serving platter. Scatter the remaining green onions, remaining bean sprouts, and the peanuts over

the top. Squeeze the juice of 2 lime wedges over the whole dish, and use the remaining wedges as garnish. Serve immediately.

## Serves 4–6

The riot of colors and the intense flavors of the lime, peanuts, and dressing in this salad will have you so impressed, you'll forget you were ever an omnivore.

### Grilled Calamari Salad

#### For the dressing:

*1 tablespoon fish sauce*

*½ cup water*

*1 stalk lemongrass, inner core finely chopped*

*3 kaffir lime leaves, chopped or 1 tablespoon lime zest*

*1 small onion, thinly sliced*

*5 teaspoons lime juice*

*1–5 red chili peppers, seeded and chopped (the more you use, the spicier it'll be!)*

#### For the salad:

*1 pound calamari, cleaned*

*15–20 mint leaves, chopped*

*6–8 sprigs cilantro, chopped*

*1 green onion, thinly sliced*

*Baby greens (optional)*

1. Combine all the dressing ingredients in a small bowl; set aside.
2. Prepare a grill or broiler. Place the calamari on a broiler pan or in a grill basket and cook over high heat until tender, about 3 minutes per side. Let cool to room temperature.
3. Place the grilled calamari in a mixing bowl. Stir the dressing and pour it over the calamari.

4. If serving immediately, add the mint, cilantro, and green onions. Alternatively, allow the calamari to marinate for up to 1 hour before serving, and then add the additional ingredients.
5. To serve: Use individual cups or bowls to help capture some of the wonderful dressing. Alternatively, mound the calamari mixture over a bed of baby greens and spoon additional dressing over the top.



## What Is Calamari?

*Calamari is squid! Sometimes you will see the smallest ones sold whole. Otherwise it comes in pearly white pieces that you slice into bite-sized morsels. Calamari has a sweet, mild flavor and only becomes chewy when overcooked.*

## Serves 2–4

When I was a kid I thought that calamari was disgusting, but now I'm a huge fan. This recipe features calamari grilled with a light vinaigrette that I'm sure will please even the most conservative eaters.

## Thai Dinner Salad

### For the dressing:

*2 tablespoons fish sauce  
1 tablespoon lemon juice  
1 clove garlic, minced  
2 teaspoons sugar  
1 tablespoon water  
 $\frac{3}{4}$  teaspoon rice wine vinegar  
Pinch of red pepper flakes*

### For the salad:

*1 small head of romaine or Bibb lettuce, torn into bitesized pieces  
2 small carrots, grated  
1 cucumber, peeled, seeded, and diced  
 $\frac{1}{4}$  cup chopped cilantro  
 $\frac{1}{4}$  cup chopped mint leaves  
Chopped unsalted peanuts (optional)*

1. In a small bowl, stir together all of the salad dressing ingredients; set aside.
2. In a large bowl, toss together all of the salad ingredients. Add dressing to taste and toss until well coated. Sprinkle chopped peanuts over the top of each salad, if desired.



## Thai Salads

*Thai salads are often light, flavorful, and work fantastically to get you ready for the main meal. Many of the all-vegetable salads are too light to be a meal of their own, but by simply adding some sautéed chicken, shrimp, or tofu to any salad, you've got yourself a nice lunch!*

## Serves 2–4

This salad gets its Thai character from the mint and cilantro in the salad and the fish sauce, rice wine vinegar, and red pepper flakes in the dressing. It's not fancy, but it's a great start to any meal.

### Sweet-and-Sour Cucumber Salad

*5 tablespoons sugar  
1 teaspoon salt  
1 cup boiling water  
½ cup rice or white vinegar  
2 medium cucumbers, seeded and sliced  
1 small red onion, sliced  
2 Thai chilies, seeded and minced*

1. In a small bowl, combine the sugar, salt, and boiling water. Stir to thoroughly dissolve sugar and salt. Add the vinegar and allow the vinaigrette to cool to room temperature.
2. Place the cucumbers, onion slices, and the chili peppers in a mediumsized bowl. Pour the dressing over the vegetables. Cover and let marinate in the refrigerator at least until cold, preferably overnight.



#### Seeding Cucumbers

*Seeding a cucumber is simple! Cut the cucumber in half lengthwise. Using a small spoon, scoop out the soft inner flesh and seeds in one quick swoop. That's it!*

## Serves 2–4

This is a terrific summer salad to bring on a picnic. It's great served alongside grilled chicken, chops, even burgers!

### Cucumber Salad with Lemongrass

*½ cup white vinegar  
1 Thai chili, very finely minced  
1 garlic clove, very finely minced  
2 stalks lemongrass  
3 cups thinly sliced cucumber  
1 cup bean sprouts  
1 cup cubed tart apple (such as Granny Smith)  
½ cup shredded carrot  
¼ cup minced mint  
¼ cup minced parsley  
1 tablespoon fish sauce  
1 tablespoon vegetable oil*

1. In a small saucepan, combine the vinegar, chili, and garlic. Bring the mixture to a boil. Cover the pan, remove it from the heat, and let cool.
2. Trim and finely chop 1 lemongrass stalk. Place it in a small saucepan with ½ cup of water, cover, and bring to a boil. Turn off heat and let cool.
3. Trim the remaining lemongrass stalk, peel off the tough outer layers, and finely mince the white portion of the tender stalk within. Reserve approximately 1 tablespoon.
4. Combine the cucumber, bean sprouts, apple, carrot, mint, and parsley in a large mixing bowl. In a small bowl combine the fish sauce, oil, minced lemongrass, the vinegar mixture, and the lemongrass water.

5. Toss the vegetables with the lemongrass vinaigrette to taste.

## **Preserving Fresh-Cut Apples**

*To keep the apple pieces from turning brown before you use them, put them in a small container of cool water to which you have added a couple of drops of lemon or lime juice. The citric acid prevents the apple from discoloring.*

## Serves 6–8

I think the Thai have figured out more ways to use cucumber than anyone else on the planet, and each one seems better than the last. The cucumber and apple in this salad yield a great contrast of flavors.

### Papaya Salad

*1 medium papaya, peeled and julienned, or cut into small pieces*

*½–1 teaspoon salt*

*3 jalapeño peppers, seeded and thinly sliced*

*4–6 cloves of garlic, chopped coarsely*

*½ cup long beans (green beans), cut into 1-inch pieces*

*2 teaspoons fish sauce*

*4 tablespoons Tamarind Concentrate (see recipe on page 18)*

*2 tomatoes, thinly sliced*

*Sticky rice, cooked according to package directions*

1. Place the papaya on a sheet pan and sprinkle it with salt. Let the papaya stand for 30 minutes. Pour off any juice and then squeeze the fruit with your hands to extract as much fluid as possible. Place the pulp of the papaya in a large food processor.
2. Add the chilies and pulse briefly to combine. Add the remaining ingredients except the tomato and pulse again until mixed.
3. Transfer the papaya mixture to a serving bowl and garnish with tomato slices. Serve with sticky rice.

## Serves 4–6

This recipe calls for salting the papaya in order to extract some of its liquid. This is the same method used to prepare eggplant slices for the grill or for use in an Eggplant Parmesan.

### Zesty Melon Salad

*6 cups assorted melon cubes*

*2 cucumbers, peeled, halved, seeded, and sliced*

*6–8 tablespoons lime juice*

*Zest of 1 lime*

*¼ cup honey*

*1 serrano chili, seeded and minced (for a hotter salad, leave the seeds in)*

*¼ teaspoon salt*

1. In a large mixing bowl, combine the melon and the cucumber.
2. Mix the remaining ingredients together in a small bowl. Pour over the fruit and toss well to coat.
3. Serve immediately, or if you like a zestier flavor, let the salad sit for up to 2 hours to allow the chili flavor to develop.

## Serves 4–6

A lively looking and tasting salad, it's a sure winner at a picnic. Using a hollowed out watermelon as a serving dish makes an impressive, yet easy and inexpensive, serving dish.

### Crunchy Coconut-Flavored Salad

*1 cup julienned jicama*

*1 medium cucumber, peeled, seeded, and julienned*

*2–3 tablespoons chopped fresh basil*

*1 recipe Coconut Marinade (see recipe on page 14)*

Place the jicama, cucumber, and basil in a large bowl. Pour the marinade over the vegetables and let rest in the refrigerator for at least 2 hours before serving.



### Jicama

*Jicama is indigenous to the Americas and looks like a big brown, rather unappetizing, root. But beneath the ugly skin is a light, crunchy vegetable with a slightly sweet taste reminiscent of apple.*

## Serves 2–3

The cucumber and the jicama offer very different crunches — one rather juicy and one rather snappy — in this appealing salad. The basil adds just enough bite to balance the sweetness of the coconut marinade.

### Thailand Bamboo Shoots

*1 20-ounce can of bamboo shoots, shredded, liquid reserved*

*Juice of ½ lime*

*1 teaspoon ground dried chili pepper*

*2 green onions, sliced*

*1 teaspoon fish sauce*

*2 tablespoons finely crushed peanuts, divided*

*Sticky rice, cooked according to package directions*

1. Place the shredded bamboo shoots and approximately  $\frac{1}{4}$  cup (half) of the reserved bamboo liquid in a medium-sized saucepan. Bring the contents of the pan to a boil, reduce heat, and let simmer until tender, about 5 minutes. Remove from heat.
2. Stir in the lime juice, chili pepper, green onions, fish sauce, and 1 tablespoon of the peanuts.
3. Serve with sticky rice, sprinkled with the remaining peanuts.

## **Serves 4**

Bamboo is a great plant. Humans throughout the world have used it as a food, a building material, and in hats, just to name a few uses. Here we use it as a simple salad ingredient.



## Meat Dishes

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[Curried Beef and Potato Stew](#)  
[Red Beef Curry](#)  
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## **Green Curry Beef**

*2 cans coconut milk, thick cream separated from the milk  
1/4 cup (or to taste) Green Curry Paste (see recipes in Chapter 1)  
1½ pounds sirloin, cut into thin strips  
1/4 cup brown sugar  
1/4 cup fish sauce  
1 pound eggplant (Japanese, Thai, or a combination), cut into ¼-inch slices  
6 serrano chilies, stemmed, seeded, and cut in half lengthwise  
1 cup basil*

1. Place the thick cream from the coconut milk and the curry paste in a large soup pot and stir to combine. Place over medium-high heat and bring to a boil. Reduce heat and simmer for 2 to 3 minutes.
2. Add the beef and the coconut milk, stirring to combine. Return the mixture to a simmer.

3. Add the sugar and the fish sauce, stirring until the sugar dissolves, about 2 minutes.
4. Add the eggplant and simmer for 1 to 2 minutes.
5. Add the serrano chilies and cook 1 minute more.
6. Remove from heat and stir in the basil.



### **Hot Stuff**

*Let your guests know that the chilies are hot and are not to be eaten by the faint of heart. They add plenty of heat and flavor just being on the plate!*

## Serves 4–6

This quick and easy curry is a great introduction to Thai cuisine. It contains most of the key Thai ingredients — coconut milk, fish sauce, chilies, and basil. Serve with lots of steamed Jasmine rice.

### Curried Beef and Potato Stew

*2–3 tablespoons vegetable oil*

*1½ pounds beef stew meat, cut into bite-sized cubes*

*1 large onion, chopped*

*1 large russet potato, peeled and cut into bite-sized cubes*

*2 (14-ounce) cans coconut milk*

*½–¾ cup prepared Massaman Curry Paste (see recipe on page 6)*

*½ cup brown sugar*

*7 tablespoons fish sauce*

*¼ cup Tamarind Concentrate (see recipe on page 18)*

*1 cup chopped fresh pineapple*

*Jasmine rice, cooked according to package directions*

*½ cup unsalted roasted peanuts, chopped*

1. Heat the oil in a large soup pot over medium-high heat. When the oil is hot, brown the meat on all sides. Add the onion and cook until translucent, about 2 to 3 minutes.
2. Add enough water to just cover the meat and onions. Bring to a boil, reduce heat, cover, and simmer for 30 to 60 minutes.
3. Add the potatoes and continue to simmer for 15 more minutes. (The potatoes will not be quite cooked through at this point.)
4. Strain the solids from the broth, reserving both.
5. In another soup pot, combine the coconut milk with the curry paste until well blended. Bring the contents to a simmer over medium-high

heat and cook for 2 to 3 minutes.

6. Add the reserved meat and potato mixture, the sugar, fish sauce, and tamarind, stirring until the sugar dissolves. Add some of the reserved broth to thin the sauce to desired consistency.
7. Stir in the pineapple and continue to simmer until the potatoes are cooked through.
8. To serve, place some Jasmine rice in the middle of individual serving plates and spoon the stew over the top. Garnish with the chopped peanuts.

## Serves 4

Who doesn't like beef stew on a cold winter evening? This one isn't quite like Mom used to make (unless your mother is Thai), but it's still satisfying and comforting with tender chunks of beef and silky potatoes.

### Red Beef Curry

*1 tablespoon vegetable oil*

*2 tablespoons Red Curry Paste (see recipes in Chapter 1)*

*½ cup plus 2 tablespoons coconut milk*

*1 pound lean beef, cut into thin strips*

*2 tablespoons (roughly) ground peanuts*

*1–3 tablespoons (to taste) fish sauce*

*Sugar to taste*

*1 green or red sweet pepper, seeded and cubed*

*¼ cup chopped basil*

*Rice, cooked according to package directions*

1. Heat the oil in a large sauté pan over low heat. Add the curry paste and cook, stirring constantly, until fragrant, about 1 minute.
2. Stir in the ½ cup of coconut milk and bring the mixture to a simmer. Add the beef strips and poach for 5 minutes.
3. Add the peanuts and continue to poach for an additional 5 minutes.
4. Add the fish sauce and sugar to taste; continue to cook until the mixture is almost dry, then add the sweet pepper and basil and cook for 5 more minutes.
5. Serve with rice.



## Chili Varieties

*The most typical fresh chilies used in Thai cuisine include jalapeños, serranos, Thai bird, and Scotch bonnet. The jalapeño is the mildest of the bunch, adding more flavor than actual heat. Serranos are a bit more searing.*

## Serves 4

This curry is slightly milder than the green version. The primary flavor difference comes from the bell peppers, which are not as common in Thai recipes as the more intense varieties of peppers.

### Hot and Sour Beef

*1 tablespoon lime juice  
1 tablespoon fish sauce  
1 tablespoon dark, sweet soy sauce  
3 tablespoons chopped onion  
1 teaspoon honey  
1 teaspoon dried chili powder  
1 green onion, trimmed and thinly sliced  
1 teaspoon chopped cilantro  
1½ pound sirloin steak  
Salt and pepper to taste*

1. Make the sauce by thoroughly combining the first 8 ingredients; set aside.
2. Season the steak with salt and pepper, then grill or broil it to your preferred doneness. Remove the steak from the grill, cover with foil, and let rest for 5 to 10 minutes.
3. Thinly slice the steak, cutting across the grain.
4. Arrange the pieces on a serving platter or on 1 or 2 dinner plates. Spoon the sauce over the top. Serve with rice and a side vegetable.



### Adjusting Flavors

*Don't be afraid to adjust the amount of curry paste you put in a recipe. If you want the end product to be a bit more flavorful, add a bit more; if you are looking for a more delicate taste, reduce the amount a bit*

## Serves 1–2

This flavorful dish couldn't be any easier. It's great to serve when you are introducing your guests to Thai flavors, because they can add as little or as much of the sauce as they prefer.

### Grilled Ginger Beef

*8 cups low-salt beef broth  
2 stalks lemongrass  
5 cloves garlic  
1 (3-inch) piece ginger, cut in half  
1 onion, cut in half  
1 cinnamon stick  
2 dried red chili peppers  
1 (2-inch) piece of ginger, minced  
1 small package of rice noodles  
1 pound green vegetables  
2 tablespoons (or to taste) soy sauce  
6 (6-ounce) strip steaks  
Salt and pepper to taste  
6 scallions, minced*

1. Place the beef broth, lemongrass, and garlic in a large pot; bring to a boil.
2. In the meantime, place the ginger and onion halves, cut-side down, in a dry skillet over high heat and cook until black. Add the onion and ginger to the broth mixture.
3. Place the cinnamon and dried chili peppers in the dry skillet and toast over medium heat for 1 minute; add to the broth mixture.

4. Reduce the heat and simmer the broth for 1 to 2 hours. Cool, strain, and refrigerate overnight.
5. Before you are ready to eat, remove the broth from the refrigerator and skim off any fat that may have accumulated. Bring the broth to a simmer and add the minced ginger.
6. Soak the rice noodles in hot water for 10 to 20 minutes or until soft; drain.
7. Blanch the vegetables for about a minute. Using a slotted spoon, remove them from the boiling water and shock them in cold water.
8. Season the broth to taste with the soy sauce. Season the steaks with salt and pepper and grill or broil to your liking.
9. To serve, slice the steaks into thin strips (cutting across the grain) and place them in 6 large bowls. Add a portion of noodles and vegetables to the bowls and ladle the broth over the top.

## Serves 6

This may be my favorite recipe in this book. Its complex, aromatic overtones will make your taste buds beg for more. It's well worth the effort.

### Thai Beef with Rice Noodles

*¾ pound sirloin, trimmed of all fat, rinsed and patted dry  
½ pound dried rice noodles  
¼ cup soy sauce  
2 tablespoons fish sauce  
2 tablespoons dark brown sugar  
Freshly ground black pepper  
5 tablespoons vegetable oil, divided  
2 tablespoons minced garlic  
1 pound greens (such as spinach or bok choy), cleaned and cut into ½-inch strips  
2 eggs, beaten  
Crushed dried red pepper flakes to taste  
Rice vinegar to taste*

1. Slice the meat into 2-inch-long, ½-inch-wide strips.
2. Cover the noodles with warm water for 5 minutes, then drain.
3. In a small bowl, combine the soy sauce, fish sauce, brown sugar, and black pepper; set aside.
4. Heat a wok or heavy skillet over high heat. Add approximately 2 tablespoons of the vegetable oil. When the oil is hot, but not smoking, add the garlic. After stirring for 5 seconds, add the greens and stir-fry for approximately 2 minutes; set aside.
5. Add 2 more tablespoons of oil to the wok. Add the beef and stir-fry until browned on all sides, about 2 minutes; set aside.

6. Heat 1 tablespoon of oil in the wok and add the noodles. Toss until warmed through, approximately 2 minutes; set aside.
7. Heat the oil remaining in the wok. Add the eggs and cook, without stirring until they are set, about 30 seconds. Break up the eggs slightly and stir in the reserved noodles, beef, and greens, and the red pepper flakes. Stir the reserved soy mixture, then add it to the wok. Toss to coat and heat through. Serve immediately with rice vinegar to sprinkle over the top.

## Serves 2–4

I like to use a bag of organic baby spinach leaves for the greens in this recipe because they are prewashed and small enough that you can skip the process of cutting them into strips.

### Minty Stir-Fried Beef

*7–14 (to taste) serrano chilies, seeded and coarsely chopped*

*¼ cup chopped garlic*

*¼ cup chopped yellow or white onion*

*¼ cup vegetable oil*

*1 pound flank steak, sliced across the grain into thin strips*

*3 tablespoons fish sauce*

*1 tablespoon sugar*

*½–¾ cup water*

*½ cup chopped mint leaves*

1. Using a mortar and pestle or a food processor, grind together the chilies, garlic, and onion.
2. Heat the oil over medium-high heat in a wok or large skillet. Add the ground chili mixture to the oil and stir-fry for 1 to 2 minutes.
3. Add the beef and stir-fry until it just begins to brown.
4. Add the remaining ingredients, adjusting the amount of water depending on how thick you want the sauce.
5. Serve with plenty of Jasmine rice.



### Peeling Garlic

*To peel garlic, place the clove on a cutting board and smash it with the back or side of a knife, which will split the skin.*

## Serves 4–6

If the mint in this recipe is too pungent for your tastes, you can easily substitute cilantro, but I suggest being adventuresome and giving this a try. The beef in this recipe also makes great fajitas!

### Chilied Beef

*3 serrano chilies, stems removed and sliced*

*¼ cup white vinegar*

*1 pound flank steak*

*1 large red onion, sliced*

*4 scallions, trimmed and thinly sliced*

*Juice of 1 large lime*

*2 tablespoons fish sauce*

*1 teaspoon dried red pepper flakes*

*Bibb or romaine lettuce leaves*

1. Place the sliced chilies in a small bowl with the vinegar; let stand for at least 15 minutes.
2. Grill or broil the flank steak to your desired doneness. Remove from the grill, cover with foil, and let stand 10 minutes. Thinly slice the streak across the grain.
3. Place the beef slices in a large bowl. Add the red onion, scallions, lime juice, and red pepper flakes; toss all of the ingredients together. Cover the dish, place in the refrigerator, and let marinate for at least 1 hour.
4. Before serving, let the beef return to room temperature. Mound the beef on top of lettuce leaves and serve with white rice. Pass the serrano/vinegar sauce separately.



## Grill Safety

*Be careful around a grill. Do not add lighter fluid to a fire or hot coals. Keep your grill clean of excess grease to guard against fires. Don't forget to turn off the gas after you are finished cooking. Don't throw water on a fire to douse a flame. Instead, move the food away from the fire and let the fire burn itself out.*

## Serves 4–6

This one is a zinger! Between the serranos and the dried pepper flakes, it really packs a punch. Luckily the lime juice helps to quench the fire, as does a cold beer or even a margarita!

### Pork and Eggplant Stir-Fry

*3 tablespoons vegetable oil  
5–10 cloves garlic, mashed  
½ pound ground pork  
½ teaspoon freshly ground pepper  
1 tablespoon fish sauce  
1 tablespoon Yellow Bean Sauce (see recipe on page 9)  
1 pound Japanese eggplant, cut into ¼-inch slices  
¼ cup chicken stock  
2 tablespoons (or to taste) sugar*

1. Heat the oil in a wok or large skillet over medium-high heat. When the oil is hot, add the garlic and stir-fry until fragrant, about 30 seconds.
2. Add the pork and continue to stir-fry until the pork loses its color, about 1 minute.
3. Add the pepper, fish sauce, bean sauce, and eggplant; cook for 1 minute.
4. Add the chicken stock. Continue to stir-fry for 2 minutes.
5. Stir in the sugar to taste and cook until the eggplant is cooked through, about 2 more minutes.

### Meat Grades

*Meats are graded prime, choice, and select. For dishes that cook quickly, like stir-fries, choose prime or choice. For slow-cooked dishes, like a braise, select meat will be just fine.*

## Serves 2–4

If you love garlic, this is the dish for you! This pungent dish could be the official dish of Gilroy, California — the selfproclaimed garlic capital of the world.

### Pork with Garlic and Crushed Black Pepper

*10–20 garlic cloves, mashed  
2–2½ teaspoons black peppercorns, coarsely ground  
4 tablespoons vegetable oil  
1 pork tenderloin, trimmed of all fat and cut into medallions about ¼-inch thick  
¼ cup sweet black soy sauce  
2 tablespoons brown sugar  
2 tablespoons fish sauce*

1. Place the garlic and the black pepper in a small food processor and process briefly to form a coarse paste; set aside.
2. Heat the oil in a wok or large skillet over medium-high heat. When the oil is hot, add the garlic-pepper paste and stir-fry until the garlic turns gold.
3. Raise the heat to high and add the pork medallions; stir-fry for 30 seconds.
4. Add the soy sauce and brown sugar, stirring until the sugar is dissolved.
5. Add the fish sauce and continue to cook until the pork is cooked through, about another 1 to 2 minutes.



## Slicing Meat Paper Thin

*To make thinly slicing meat easier, wrap the meat in plastic wrap and place it in the freezer until it's very cold, but not frozen. Always use the sharpest knife possible.*

## Serves 2

Be sure to use the freshest, highest quality pepper you can find. I like the rich Tellicherry peppercorns from India. Also, make sure it is freshly ground in order to achieve its maximum flavor potential.

### Bangkok-Style Roasted Pork Tenderloin

*1 teaspoon salt*

*¼ teaspoon ground ginger*

*¼ teaspoon ground cardamom*

*¼–½ teaspoon freshly ground black pepper*

*2 (1-pound) pork tenderloins, trimmed*

*Olive oil*

*½ cup chicken, pork, or vegetable stock, or water*

1. Place rack on bottom third of the oven, then preheat the oven to 500 degrees.
2. Combine the spices in a small bowl.
3. Rub each of the tenderloins with half of the spice mixture and a bit of olive oil. Place the tenderloins in a roasting pan and cook for 10 minutes.
4. Turn the tenderloins over and roast for 10 more minutes or until done to your liking.
5. Transfer the pork to a serving platter, cover with foil, and let rest.
6. Pour off any fat that has accumulated in the roasting pan. Place the pan on the stovetop over high heat and add the stock (or water). Bring to a boil, scraping the bottom of the pan to loosen any cooked-on bits. Season with salt and pepper to taste.

7. To serve, slice the tenderloins into thin slices. Pour a bit of the sauce on top, passing more separately at the table.

## **Serves 4**

When I'm in a hurry, but still want a satisfying meal, this is it. While the tenderloins are roasting, I prepare a salad, some vegetables, and some rice or cous cous. The whole dinner is ready in less than 30 minutes!

### **Chiang Mai Beef**

*3½ cups water*

*2 cups uncooked long-grained rice*

*1 pound lean ground beef*

*3–4 tablespoons soy sauce*

*1 tablespoon vegetable oil*

*1 tablespoon chopped garlic*

*1 tablespoon small dried chilies*

*2 green onions, trimmed and sliced*

*Fish sauce*

1. In a large saucepan, bring the water to a boil, then stir in the rice. Cover, reduce heat to low, and cook until the water is absorbed, about 20 minutes.
2. Put the cooked rice in a large mixing bowl and let cool to room temperature.
3. Add the ground beef and soy sauce to the rice, mixing thoroughly. (I find using my hands works best.)
4. Divide the rice-beef mixture into 8 to 12 equal portions, depending on the size you prefer, and form them into loose balls. Wrap each ball in foil, making sure to seal them well.
5. Steam the rice balls for 25 to 30 minutes or until cooked through.

6. While the rice is steaming, heat the vegetable oil in a small skillet. Add the garlic and the dried chilies and sauté until the garlic is golden. Transfer the garlic and the chilies to a paper towel to drain.
7. To serve, remove the rice packets from the foil, slightly smash them, and put on serving plates. Pass the garlic-chili mixture, the green onions, and the fish sauce separately to be used as condiments at the table.

## Serves 4–6

Chiang Mai is the principal city in Northern Thailand, known for its mountain scenery, fertile valleys, and handicrafts. This is one of the main starting points for tourists interested in jungle treks and elephant rides.

### Barbecued Pork on Rice

*1 pork tenderloin, trimmed of excess fat  
2 tablespoons sugar  
2 tablespoons soy sauce  
1 teaspoon Chinese 5-spice powder  
1 hard-boiled egg, peeled  
2 tablespoons flour  
1½ cups water  
2 tablespoons rice vinegar  
1 tablespoon sesame seeds, toasted  
Jasmine rice, cooked according to package directions  
1 cucumber, thinly sliced  
1 green onion, trimmed and thinly sliced*

1. Slice the tenderloin into medallions approximately  $\frac{1}{4}$ -inch thick. Place the medallions in a mixing bowl.
2. Combine the sugar, soy sauce, and 5-spice powder in a small bowl.
3. Pour the soy mixture over pork strips and toss the strips until thoroughly coated. Let marinate at least 30 minutes, but preferably overnight.
4. Preheat the oven to 350 degrees. Place the pork pieces in a single layer on a baking sheet lined with foil. Reserve any leftover marinade.
5. Bake the pork for approximately 1 hour. The pork will be firm and rather dry, but not burned. It will also have a reddish color.

6. Place the reserved marinade in a small saucepan and heat to boiling. Turn off the heat and add the peeled egg, rolling it in the sauce to color it. Remove the egg and set it aside. When cool enough to handle, slice it into thin pieces.
7. Combine the flour and water, and add it to the marinade. Bring to a boil to thicken, then remove from heat.
8. Add the vinegar and the sesame seeds. Adjust seasoning by adding additional sugar and/or soy sauce.
9. To serve, place some Jasmine rice in the center of each plate. Fan a few pieces of the pork around 1 side of the rice. Fan some cucumber slices and sliced hard-boiled egg around the other side. Spoon some of the sauce over the pork and sprinkle with the green onion slices.

## Serves 2–3

This is not a typical barbecue. Nevertheless, I think you will find yourself asking for more once you've tried this Asian version of what we Americans think of as an indigenous cuisine.

### Lemongrass Pork

*½ cup brown sugar  
½ cup fish sauce  
½ cup dark soy sauce  
½ cup chopped lemongrass stalks (inner white portion only)  
¼ cup whiskey  
¼ cup chopped shallots  
¼ cup minced garlic  
¼ cup coconut milk  
3 tablespoons sesame oil  
1 teaspoon cayenne pepper  
1 pound lean pork, cut into bite-sized pieces*

1. In a medium-sized saucepan, combine the brown sugar, fish sauce, soy sauce, lemongrass, whiskey, shallots, and garlic. Over medium heat, bring to a boil and cook until the mixture is reduced by half. Remove the marinade from the heat and allow it to cool to room temperature. Stir in the coconut milk, sesame oil, and cayenne pepper.
2. Place the pork and the marinade in a large Ziplock bag. Marinate the pork in the refrigerator for at least 3 hours, or overnight.
3. Drain the meat, reserving the marinade. Thread the meat onto metal skewers (or soaked bamboo skewers), and grill or broil to your liking.
4. Place the reserved marinade in a small saucepan and bring it to a boil over medium-high heat. Reduce the heat and simmer the marinade for

2 to 3 minutes. Use the marinade as a dipping sauce for the pork.

## Serves 2

You don't run across many Asian recipes that call for liquor. The whiskey complements the lemongrass in this dish incredibly well, while adding a complexity that only a fermented beverage can.

### Pork and Spinach Curry

*1 cup coconut milk, divided*

*1 tablespoon Red Curry Paste (see recipes in Chapter 1)*

*½ cup lean pork strips*

*2 cups water*

*½ lime*

*3–4 kaffir lime leaves, crumbled*

*4 tablespoons fish sauce*

*2 tablespoons sugar*

*½ pound baby spinach*

*Rice, cooked according to package directions*

1. In a medium-sized saucepan, heat ½ cup of the coconut milk and the curry paste over medium-low heat, stirring to combine thoroughly. Cook for 5 minutes, stirring constantly, so that the sauce does not burn.
2. Add the pork cubes, the remaining coconut milk, and the water. Return the mixture to a simmer and let cook for 5 minutes. Squeeze the juice of the lime half into the curry. Add the lime half.
3. Stir in the kaffir lime leaves, fish sauce, and sugar. Continue simmering for 5 to 10 more minutes or until the pork is cooked through. Remove the lime half.
4. Add the baby spinach and cook for 1 minute.
5. Serve over rice.



## Spinach

*Spinach is an amazingly healthy leaf vegetable. Spinach is low in calories, and is a good source of vitamin C, vitamin A, and minerals, especially iron.*

## Serves 1–2

Some meat departments actually offer meats precut into strips, which dramatically reduces prep time. If pork strips are not available, try this recipe with beef, chicken, or turkey.

### Thai-Style Beef with Broccoli

*3 tablespoons vegetable oil  
1 medium shallot, chopped  
1 teaspoon chili powder  
2 tablespoons brown sugar  
2 tablespoons fish sauce  
2 tablespoons sweet soy sauce  
1 tablespoon preserved soy beans (optional)  
1 pound lean beef, cut into bite-sized pieces  
2 cups water  
 $\frac{1}{2}$  of a 7–8-ounce package of rice sticks  
1 cup broccoli pieces  
Lime wedges (optional)  
Hot sauce (optional)*

1. Heat the vegetable oil in a wok over medium-high heat. Add the shallot and stir-fry until it begins to soften. Add the chili powder and continue to stir-fry until well combined.
2. Add the brown sugar, fish sauce, soy sauce, and soy beans; stir-fry for 30 seconds.
3. Add the beef and continue to stir-fry until the beef is almost done, approximately 2 minutes.
4. Stir in the water and bring it to a boil. Add the rice sticks, stirring until they start to cook. Reduce the heat to medium, cover, and let cook for

30 seconds. Stir and reduce the heat to medium-low, cover, and let cook for 3 minutes.

5. Add the broccoli pieces, cover, and cook for 1 minute. Remove the wok from the heat and adjust seasoning to taste.
6. Serve with wedges of lime and hot sauce passed separately at the table.

## Serves 2–4

I enjoy traditional Chinese-style beef with broccoli, but I like the spiciness of this Thai version better. To make this a vegetarian dish, I omit the beef and use 3 cups of broccoli instead of only 1.

### Pork with Tomatoes and Sticky Rice

*7 small dried chilies*

*½ teaspoon salt*

*½ teaspoon shrimp paste*

*2 tablespoons chopped shallot*

*1 tablespoon chopped garlic*

*1 tablespoon vegetable oil*

*½ pound coarsely chopped lean pork*

*20 cherry tomatoes, quartered*

*1 tablespoon fish sauce*

*1 teaspoon brown sugar*

*Sticky rice, cooked according to package directions*

1. Trim the chilies of their stems and shake out the seeds. Cut them into small pieces, cover them with warm water, and let them soak for 20 minutes to soften; drain.
2. Using a food processor or mortar and pestle, grind (or process) the chilies and salt together until a thick paste is formed. Add the shrimp paste, shallot, and garlic. Process until well combined; set aside.
3. Heat a wok or heavy-bottomed skillet over low heat. Add the vegetable oil and heat for 1 minute. Add the chili purée and cook for approximately 3 minutes or until the color of the paste deepens.
4. Increase the heat to medium and add the pork; stir-fry for 1 minute. Add the tomatoes and continue to cook for 3 to 4 minutes, stirring

frequently.

5. Stir in the fish sauce and brown sugar; simmer for 2 minutes. Adjust seasoning to taste.
6. Serve this beef dish with sticky rice either warm or at room temperature.

## Serves 2

This intriguing dish comes from Northern Thailand, where sticky rice is eaten with just about everything. The dried chilies give it a smokiness that I particularly enjoy.

### Cinnamon Stewed Beef

*1½ quarts water  
2 tablespoons sugar  
2 whole star anise  
5 tablespoons soy sauce  
1 clove garlic, smashed  
2 tablespoons sweet soy sauce  
1 (2-inch) piece of cinnamon stick  
5 sprigs cilantro  
1 celery stalk, sliced  
1 pound beef sirloin, trimmed of all fat and cut into 1-inch cubes  
1 bay leaf*

1. Place the water in a large soup pot and bring to a boil. Reduce heat to low and add the remaining ingredients.
2. Simmer, adding more water if necessary, for at least 2 hours or until the beef is completely tender. If possible, let the stewed beef sit in the refrigerator overnight.
3. To serve, place noodles or rice in the bottom of 4 soup bowls. Add pieces of beef and then ladle broth over. Sprinkle with chopped cilantro or sliced green onions if you like. Pass a vinegar-chili sauce of your choice as a dip for the beef.

## **Serves 4**

Cinnamon is not a spice we Westerners typically use in savory dishes, but it is great at balancing spice or salt.



## Chicken Dishes

[Siamese Roast Chicken](#)

[Tamarind Stir-Fried Chicken with Mushrooms](#)

[Chili-Fried Chicken](#)

[Thai-Style Green Curry Chicken](#)

[Ginger Chicken](#)

[Red Chili Chicken](#)

[Basil Chicken](#)

[Fragrant Roast Chicken](#)

[Sweet-and-Sour Chicken](#)

[Thai Cashew Chicken](#)

[Lemongrass Chicken Skewers](#)

[Brandied Chicken](#)

[Thai Glazed Chicken](#)

[Chicken with Black Pepper and Garlic](#)

[Jungle Chicken](#)

## **Siamese Roast Chicken**

*2 stalks lemongrass, thinly sliced (tender inner core only)*

*1 medium onion, chopped*

*1 clove garlic, minced*

*1 teaspoon (or to taste) dried red pepper flakes*

*1 tablespoon fish sauce*

*1 whole roasting chicken*

*Salt and pepper to taste*

*Vegetable oil*

1. To prepare the marinade, place the lemongrass, onion, garlic, red pepper, and fish sauce in a food processor. Process until a thick paste is formed. Refrigerate for at least 30 minutes, overnight if possible.
  
2. Spread the marinade throughout the chicken cavity and then sprinkle the cavity with salt and pepper. Rub the outside of the bird with a bit of vegetable oil (or butter if you prefer) and season with salt and pepper. Place the bird in a roasting pan, and cover it with plastic wrap. Refrigerate for a few hours to marinate, if possible. Remove the

chicken from the refrigerator approximately 30 minutes before roasting.

3. Preheat the oven to 500 degrees. Remove the plastic wrap and place the bird in the oven, legs first, and roast for 50 to 60 minutes or until the juices run clear.



## Using Pan Drippings

*Pan drippings from any roasted poultry or meat make a great “sauce” for pouring over potatoes or noodles. After you have removed the roast from the pan, pour off any fat. Place the roasting pan on a burner over medium-high heat. Add approximately  $\frac{1}{2}$  cup of liquid — water, stock, wine — and bring to a boil. Scrape up the browned bits off the bottom of the roaster. Cook until the liquid is reduced by about half. Remove from heat and check seasonings; adjust if necessary.*

## Serves 2–4

The longer you let the bird take on the flavor nuances of the spice rub, the more aromatic your roast chicken will be. So if you can plan ahead, do so. It will be well worth the wait.

### Tamarind Stir-Fried Chicken with Mushrooms

*2 tablespoons vegetable oil*

*1–2 whole boneless, skinless chicken breasts, cut into bite-sized cubes*

*Salt and freshly ground black pepper*

*1 teaspoon sugar*

*4 ounces domestic mushrooms, sliced*

*½ cup sliced onions*

*1 clove garlic, minced*

*2 tablespoons Tamarind Concentrate (see recipe on page 18)*

*2 tablespoons water*

*1 cup bean sprouts*

*1 small jalapeño, seeded and minced*

*¼ cup chopped basil*

1. Heat the vegetable oil in a large sauté pan or wok over high heat. Season the chicken with the salt, pepper, and sugar.
2. Add the chicken to the pan and stir-fry for 2 minutes. Add the mushrooms, onions, and garlic; continue to cook for an additional 2 to 3 minutes. Add the tamarind and water; stir.
3. Add the remaining ingredients. Adjust seasonings to taste and serve.

## Serves 1–2

This recipe calls for domestic mushrooms and it's great as is. But don't hesitate to experiment — try portobellos, creminis, shitakes, or morels. Just cut them into bite-sized pieces and go for it!

### Chili-Fried Chicken

*3 tablespoons Tamarind Concentrate (see recipe on page 18)*

*Pinch of turmeric*

*½ teaspoon ground coriander*

*1½ teaspoons salt, divided*

*½ teaspoon white pepper*

*3 pounds chicken pieces, rinsed and patted dry*

*2 tablespoons vegetable oil*

*8 large red chilies, seeded and chopped*

*2 small onions, thinly sliced*

*Vegetable oil for deep-frying*

1. In a small bowl combine the tamarind, turmeric, coriander, 1 teaspoon of the salt, and the pepper.
2. Place the chicken pieces in a large Ziplock bag. Pour the tamarind mixture over the chicken, seal the bag, and marinate at least 2 hours or overnight in the refrigerator.
3. In a small sauté pan, heat 2 tablespoons of vegetable oil over medium heat. Add the red chilies, onions, and the remaining salt; sauté for 5 minutes. Set aside to cool slightly.
4. Transfer the chili mixture to a food processor and pulse briefly to form a coarse sauce.
5. Drain the chicken and discard the marinade. Deep-fry the chicken pieces in hot oil until the skin is golden and the bones are crispy.

Remove the cooked chicken to paper towels to drain.

6. Place the cooked chicken in a large mixing bowl. Pour the chili sauce over the chicken and toss until each piece is evenly coated.

## Serves 4–6

Like the colonel's version, this fried chicken is good hot, at room temperature, or cold.

### Thai-Style Green Curry Chicken

*1/4 cup vegetable oil*

*3 whole boneless, skinless chicken breasts, cut into bite-sized pieces*

*1/4 cup Green Curry Paste (see recipes in Chapter 1)*

*2 cups coconut milk*

*3 tablespoons fish sauce*

*1/4 cup (or to taste) chopped cilantro leaves*

*Steamed white rice*

1. Heat 2 tablespoons of vegetable oil in a large sauté pan or wok over medium heat. Add the chicken and sauté until lightly browned on all sizes. Remove the chicken and set aside.
2. Add the remaining vegetable oil to the sauté pan. Stir in the curry paste and cook for 2 to 3 minutes. Add the coconut milk and continue to cook for 5 minutes. Add the reserved chicken and fish sauce. Reduce heat and simmer until chicken is tender, 15 to 20 minutes. Stir in the cilantro.
3. Serve with steamed white rice.



### Reducing Chili Fire

*Roasting chilies is another way to tone down their heat, as is soaking them in ice water for an hour.*

## Serves 4–6

Vegetables can easily be added to this dish if you like: Stir in snow peas 5 minutes before the curry is done cooking and a handful of baby spinach leaves just at the last moment.

### Ginger Chicken

*2 tablespoons fish sauce*

*2 tablespoons dark soy sauce*

*2 tablespoons oyster sauce*

*3 tablespoons vegetable oil*

*1 tablespoon chopped garlic*

*1 whole boneless, skinless chicken breast, cut into bite-sized pieces*

*1 cup sliced domestic mushrooms*

*3 tablespoons grated ginger*

*Pinch of sugar*

*3 tablespoons chopped onion*

*2–3 habanero or bird's eye chilis*

*Jasmine rice, cooked according to package directions*

*3 green onions, trimmed and cut into 1-inch pieces*

*Cilantro*

1. In a small bowl combine the fish, soy, and oyster sauces; set aside.
2. Heat the oil in a large wok until very hot. Add the garlic and chicken, and stir-fry just until the chicken begins to change color.
3. Add the reserved sauce and cook until it begins to simmer, stirring constantly.
4. Add the mushrooms, ginger, sugar, onion, and chilies; simmer until the chicken is cooked through, about 8 minutes.

5. To serve, ladle the chicken over Jasmine rice and top with green onion and cilantro.



## Poultry Protection

*Be careful with raw poultry. It often contains bacteria that can cause food-borne illness. Keep it refrigerated at all times, even when thawing it, in a leak-proof container. Thoroughly clean all utensils and cutting boards. Sanitize them in a dishwasher or with a bleach solution. Thoroughly wash your hands with hot water and soap after handling raw poultry.*

## Serves 2

Ginger is one of the most well-known of all of the Asian flavoring agents. Its bright, clean, slightly sweet, slightly hot flavor is found in everything from savory stir-fries like this one to desserts to beverages.

### Red Chili Chicken

*1 tablespoon vegetable oil*

*1–3 tablespoons Red Curry Paste (see recipes in Chapter 1)*

*½ cup coconut milk*

*1 whole boneless, skinless chicken breast, cut into bite-sized pieces*

*2 kaffir lime leaves or 2 (2-inch-long, ½-inch wide) pieces of lime zest*

*1 tablespoon basil leaves*

*2 tablespoons fish sauce*

*1 tablespoon brown sugar*

*4 ounces Thai eggplant (green peas can be substituted)*

1. In a large skillet or wok, heat the oil over medium-high heat. Stir in the curry paste and cook until fragrant, about 1 minute.
2. Reduce the heat to medium-low and add the coconut milk. Stirring constantly, cook until a thin film of oil develops on the surface.
3. Add all of the remaining ingredients except the eggplant. Bring to a boil, reduce heat, and simmer until the chicken begins to turn opaque, about 5 minutes.
4. Add the eggplant and continue to cook until the chicken is done to your liking, about 3 minutes more.



**Is a Thai Eggplant the Same as a Japanese Eggplant?**

*No. A Japanese eggplant is long and narrow, almost the shape and size of a large banana, but with a deep purple color. They have a mild flavor and a smooth texture. Thai eggplants, on the other hand, are green and shaped like small cherries. They have a firmer bite than the Japanese variety and can be very difficult to find. Green peas make a fine substitute.*

## Serves 2

This relatively mild curry is a perfect example of basic Thai cooking — simple ingredients and simple cooking methods leading to a flavorpacked result. No wonder Thai cooking is becoming so popular!

### Basil Chicken

*2 tablespoons fish sauce*

*1½ tablespoons soy sauce*

*1 tablespoon water*

*1½ teaspoons sugar*

*2 whole boneless, skinless chicken breasts, cut into 1-inch cubes*

*2 tablespoons vegetable oil*

*1 large onion, cut into thin slices*

*3 Thai chilies, seeded and thinly sliced*

*3 cloves garlic, minced*

*1½ cups chopped basil leaves, divided*

1. In a medium-sized bowl, combine the fish sauce, the soy sauce, water, and sugar. Add the chicken cubes and stir to coat. Let marinate for 10 minutes.
2. In a large skillet or wok, heat oil over medium-high heat. Add the onion and stir-fry for 2 to 3 minutes. Add the chilies and garlic and continue to cook for an additional 30 seconds.
3. Using a slotted spoon, remove the chicken from the marinade and add it to the skillet (reserve the marinade.) Stir-fry until almost cooked through, about 3 minutes.
4. Add the reserved marinade and cook for an additional 30 seconds. Remove the skillet from the heat and stir in 1 cup of the basil.
5. Garnish with the remaining basil, and serve with rice.

## Serves 4

The basil is just barely cooked so that it retains its lively character and color, so make sure to find absolutely fresh leaves for this recipe — nothing limp or beginning to brown. Don't use stems either.

## Fragrant Roast Chicken

### For the marinade:

*½ cup fish sauce  
½ cup sweet dark soy sauce  
2 tablespoons crushed garlic  
2 tablespoons freshly grated gingerroot  
1 tablespoon freshly ground black pepper*

### For the stuffing:

*½ cup freshly grated ginger  
½ cup fresh grated galangal  
½ cup sliced bruised lemongrass stalks  
½ cup chopped cilantro  
½ cup chopped mushrooms  
1 roasting chicken, cleaned and patted dry*

1. Combine all of the marinade ingredients in a plastic bag large enough to hold the whole chicken. Add the chicken, making sure to coat the whole bird with the marinade. Place the chicken in the refrigerator and leave overnight.
2. Remove the chicken from the plastic bag, reserving the marinade.
3. Place all of the stuffing ingredients in a large mixing bowl. Stir in the reserved marinade.
4. Stuff the bird's cavity and place it breast side up in a roasting pan. Place the roasting pan in a preheated 400 degree oven and roast for 50

to 60 minutes, or until the juices run clear.



## Picking Lemongrass

*To choose fresh lemongrass, look for stalks that are firm, full, and pale green. The color indicates freshness. Bend the stalk slightly and smell it. It should be very fragrant.*

## Serves 2–4

The stuffing in this recipe is certainly edible, but is really used for the flavor it will give to the chicken.

### Sweet-and-Sour Chicken

*2 tablespoons soy sauce*

*2 cloves garlic, minced*

*1 (1-inch) piece of ginger, peeled and minced*

*1–2 tablespoons prepared chili sauce*

*1 pound boneless, skinless chicken breasts, cut into 1-inch cubes*

*1 tablespoon vegetable oil*

*1 small onion, thinly sliced*

*1 green and 1 red bell pepper, seeded and cut into 1-inch pieces*

*8 ounces canned pineapple pieces, drained*

*4–6 tablespoons prepared Plum Sauce (see recipe on page 25)*

*Jasmine rice, cooked according to package directions*

1. In a small bowl, combine the soy sauce, garlic, ginger, and chili sauce. Add the chicken pieces, stirring to coat. Set aside to marinate for at least 20 minutes.
2. Heat the oil in a wok or large skillet over medium heat. Add the onion and sauté until translucent, about 3 minutes.
3. Add the chicken mixture and continue to cook for another 3 to 5 minutes.
4. Add the bell peppers, the pineapple, and plum sauce. Cook for an additional 5 minutes or until the chicken is cooked through.
5. Serve over lots of fluffy Jasmine rice.

## Serves 4

A classic Asian dish that we have all tried at one time or another. The green and red peppers complement the sweetness of the pineapple. The chili sauce offsets the plum sauce.

### Thai Cashew Chicken

*3 tablespoons vegetable oil  
5–10 dried Thai chilies  
5–10 cloves garlic, mashed  
1 large whole boneless, skinless chicken breast, cut into thin strips  
4 green onions, trimmed and cut into 1-inch lengths  
1 small onion, thinly sliced  
2–3 teaspoons Chili Tamarind Paste (see recipe on page 8)  
1/4 cup chicken broth  
1 tablespoon oyster sauce  
1 tablespoon fish sauce  
2 tablespoons sugar  
3/4 cup whole cashews*

1. In a wok or large skillet, heat the oil over medium-high heat until hot.
2. Add the chilies and stir-fry briefly until they darken in color. Transfer the chilies to a paper towel to drain; set aside.
3. Add the garlic to the wok and stir-fry until just beginning to turn golden.
4. Raise the heat to high and add the chicken. Cook, stirring constantly, for approximately 1 minute.
5. Add the green onions and onion slices and cook for 30 seconds.

6. Add the Chili Tamarind Paste, broth, oyster sauce, fish sauce, and sugar. Continue to stir-fry for 30 more seconds.
7. Add the reserved chilies and the cashews; stir-fry for 1 more minute or until the chicken is cooked through and the onions are tender.



## Chili Nutrition

*Fresh chilies are rich in vitamins A, C, and E. Red chilies (i.e., ripe) have the most nutritional value. Cooking chilies lessens their vitamin levels and drying them destroys most of their vitamins.*

## Serves 2–4

This is a rather pungent curry. To tone it down, reduce the number of chilies and garlic, and warn guests not to eat the dried chilies.

### Lemongrass Chicken Skewers

*5 stalks lemongrass, trimmed*

*12 large cubes chicken breast meat, a little over 1 ounce each*

*Black pepper*

*2 tablespoons vegetable oil, divided*

*Pinch of dried red pepper flakes*

*Juice of 1 lime*

*2 teaspoons fish sauce*

*Pinch of sugar*

*Sea salt to taste*

1. Remove 2 inches from the thick end of each stalk of lemongrass; set aside. Bruise 4 of the lemongrass stalks with the back of a knife. Remove the tough outer layer of the fifth stalk, exposing the tender core; mince.
2. Skewer 3 cubes of chicken on each lemongrass stalk. Sprinkle the skewers with the minced lemongrass and black pepper, and drizzle with 1 tablespoon of oil. Cover with plastic wrap and refrigerate for 12 to 24 hours.
3. Chop all of the reserved lemongrass stalk ends. Place in a small saucepan and cover with water. Bring to a boil, cover, and let reduce until approximately 2 tablespoons of liquid is left; strain. Return the liquid to the saucepan and further reduce to 1 tablespoon.
4. Combine the lemongrass liquid with the red pepper flakes, lime juice, fish sauce, sugar, and remaining tablespoon of oil; set aside.

5. Prepare a grill to high heat. Grill the chicken skewers for approximately 2 to 3 minutes per side, or until done to your liking.
6. To serve, spoon a little of the lemongrass sauce over the top of each skewer and sprinkle with sea salt.

## Serves 4

These skewers are based on a recipe from award-winning chef Jean-Georges Vongerichten, whose Thai cuisine has won praise worldwide. He has a line of tasty sauces and marinades that is available in stores.

### Brandyed Chicken

*1 whole roasting chicken, rinsed and trimmed of excess fat*

*¼ cup vegetable oil*

*6 tablespoons soy sauce*

*2 tablespoons black soy sauce*

*1 teaspoon salt*

*8 cloves garlic, minced*

*2 shots brandy*

*1 (1-inch) piece ginger, sliced*

1. Fill a pot large enough to hold the whole chicken approximately  $\frac{2}{3}$  full of water. Bring the water to a boil over high heat. Reduce the heat to medium and carefully add the chicken to the pot. Adjust the heat so that the water is just simmering.
2. Poach the whole chicken for 20 to 30 minutes or until cooked through. Carefully remove the chicken from the pot, making sure to drain the hot water from the cavity of the bird. Set the chicken aside to cool.
3. Remove the skin from the bird and discard. Remove the meat from the chicken and cut it into 1-inch pieces; set aside. (This portion of the recipe can be done 1 or 2 days in advance.)
4. Add the oil to a large skillet or wok and heat on medium. Add the soy sauces, salt, and garlic. Stir-fry until the garlic begins to soften, about 30 seconds to 1 minute.

5. Add the chicken pieces, stirring to coat. Stir in the brandy and the ginger.
6. Cover the skillet or wok, reduce the heat to low, and simmer 5 to 10 more minutes.

## Serves 4–6

Be careful when you are lowering the bird into the scalding water. Instead of using a utensil, I actually grab the legs in my hands and carefully lower the chicken into the water.

## Thai Glazed Chicken

*1 whole chicken, cut in half (ask your butcher to do this for you)*

*1 teaspoon salt*

*4 cloves garlic, chopped*

*1 teaspoon white pepper*

*1 tablespoon minced cilantro*

*2 tablespoons rice wine*

*2 tablespoons coconut milk*

*1 tablespoon fish sauce*

*1 teaspoon chopped ginger*

*2 tablespoons soy sauce*

1. Rinse the chicken under cold water, then pat dry. Trim off any excess fat or skin. Place the chicken halves in large Ziplock bags.
2. Stir the remaining ingredients together in a small bowl until well combined.
3. Pour the marinade into the Ziplock bags, seal closed, and turn until the chicken is evenly coated with the marinade. Let the chicken marinate for 30 minutes to 1 hour in the refrigerator.
4. Preheat the oven to 350 degrees.
5. Remove the chicken from the bags and place them breast side up in a roasting pan large enough to hold them comfortably. (Discard the remaining marinade.)

6. Roast the chicken for 45 minutes.
7. Turn on the broiler and broil for approximately 10 minutes or until done.

## Serves 2–4

The marinade for this dish looks rather like watered-down milk, but don't let the blah appearance fool you: It's delicious. Unlike many Thai marinades, this one is not terribly spicy.

### Chicken with Black Pepper and Garlic

*1 tablespoon whole black peppercorns  
5 cloves garlic, cut in half  
2 pounds boneless, skinless chicken breasts, cut into strips  
 $\frac{1}{3}$  cup fish sauce  
3 tablespoons vegetable oil  
1 teaspoon sugar*

1. Using either a mortar and pestle or a food processor, combine the black peppercorns with the garlic.
2. Place the chicken strips in a large mixing bowl. Add the garlic-pepper mixture and the fish sauce, and stir to combine.
3. Cover the bowl, place in the refrigerator, and let marinate for 20 to 30 minutes.
4. Heat the vegetable oil over medium heat in a wok or skillet. When it is hot, add the chicken mixture and stir-fry until cooked through, about 3 to 5 minutes.
5. Stir in the sugar. Add additional sugar or fish sauce to taste.



#### The Glory of the Mortar (and Pestle)

*The grinding action of a mortar and pestle releases the oils and flavor essence of the substances being mashed. Unlike a food processor, a mortar will mash ingredients together completely and fully, creating a much more intense and flavorful combination. However, using a mortar and pestle can sometimes be very tiresome. If you enjoy cooking, using a mortar and pestle will probably be something you'll love — both the process and the results!*

## **Serves 4–6**

Serve the chicken with mounds of Jasmine rice. Garnish plates with slices of cucumber and tomato.

### **Jungle Chicken**

*2–4 serrano chilies, stems and seeds removed  
1 stalk lemongrass, inner portion roughly chopped  
2 (2-inch-long,  $\frac{1}{2}$ -inch wide) strips of lime peel  
2 tablespoons vegetable oil  
 $\frac{1}{2}$  cup coconut milk  
1 whole boneless, skinless chicken breast, cut into thin strips  
2–4 tablespoons fish sauce  
10–15 basil leaves*

1. Place the chilies, lemongrass, and lime peel into a food processor and process until ground.
2. Heat the oil over medium-high heat in a wok or large skillet. Add the chili mixture and sauté for 1 to 2 minutes.
3. Stir in the coconut milk and cook for 2 minutes.
4. Add the chicken and cook until the chicken is cooked through, about 5 minutes.
5. Reduce heat to low and add the fish sauce and basil leaves to taste.
6. Serve with plenty of Jasmine rice.

## **Serves 2–3**

Like the tiger, this dish can be a bit ferocious and can pack quite a bite! So beware!



## Fish and Seafood Dishes

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## **Snapper Baked with Fish Sauce and Garlic**

*2 whole small red snappers, cleaned but left whole*

*¼ cup fish sauce*

*1 tablespoon sesame oil*

*2 cloves garlic, minced*

1. With a sharp knife, make 3 deep diagonal slits on each side of the fish. Place the fish in an ovenproof baking dish.
2. Combine the fish sauce, sesame oil, and garlic in a small bowl. Spoon the mixture over the fish, making sure it goes into the slits. Let the fish sit at room temperature for 30 minutes.
3. Bake the fish in a 425-degree oven for 30 minutes or until the skin is crisp.



**How to Find the Freshest Seafood**

*The best source for great fish is a great fishmonger, someone who will steer you to the best fish he or she has. If you are on your own, follow your nose. Fresh fish should NOT smell fishy. Instead it should smell clean, and if an ocean fish, like the sea. If there is any fishy smell at all, don't buy it. Other things to look for: Feel the skin; it should be slippery and moist. Press the fish; it should feel firm. Look at the eyes; they should be plump and clear.*

## Serves 2

I love this flavorful yet oh-so-simple dish. The recipe calls for leaving the fish whole, but if you have a hard time eating fish that still has the head intact, by all means have your fishmonger remove it.

### Lime-Ginger Fillets

*4 tablespoons unsalted butter, at room temperature*

*2 teaspoons lime zest*

*½ teaspoon ground ginger*

*½ teaspoon salt*

*4 fish fillets, such as whitefish, perch, or pike*

*Salt and freshly ground black pepper*

1. Preheat the broiler.
2. In a small bowl, thoroughly combine the butter, lime zest, ginger, and  $\frac{1}{2}$  teaspoon salt.
3. Lightly season the fillets with salt and pepper and place on a baking sheet.
4. Broil for 4 minutes. Brush each fillet with some of the lime-ginger butter and continue to broil for 1 minute or until the fish is done to your liking.



### Storing Fish

*How to store fresh fish: The best way to store fresh fish is not to store it at all, but rather use it the day you purchase it. If that's not an option, lay the fish on a bed of ice and then cover it. Make sure that the ice has somewhere*

*to drain so that the fish doesn't end up sitting in water, which will cause it to turn mushy.*

## Serves 2–4

These delicate fillets cook in a jiffy, so make sure to pay attention while they are under the broiler. Overcooking fish dries it out and causes it to lose its flaky texture.

### Baked Redfish with Lime Vinaigrette

*2 (6-ounce) redfish fillets, rinsed and patted dry (skate, sole, or flounder also work well)  
1 clove garlic, minced  
2 tablespoons lime juice  
2 teaspoons soy or fish sauce  
 $\frac{1}{2}$  teaspoon sugar  
 $\frac{1}{4}$  teaspoon salt  
2 tablespoons vegetable oil*

1. Place the fillets in a shallow baking dish.
2. In a small bowl, combine the garlic, lime juice, soy sauce, sugar, and salt, then whisk in the oil.
3. Pour the vinaigrette over the fish and bake in a 450-degree oven for 6 to 7 minutes or until done to your liking.



### Eco-Friendly Fish Choices

*Many types of fish are on their way to extinction due to overfishing. But here are a few, according to the Audubon Society, that are still plentiful — Alaska salmon, mahi-mahi, striped bass, Pacific halibut, catfish, farmed tilapia, farmed scallops, pole-caught tuna, and rainbow trout.*

## Serves 2

It's hard to go wrong flavoring something with garlic and lime. This easy-to-make baked fish is no exception. I like to serve this with a flavored rice dish (dill works well) and a nice summery salad.

### Broiled Salmon with 5-Spice Lime Butter

*Vegetable oil*

*2 (6-ounce) salmon fillets, rinsed and patted dry*

*1 tablespoon unsalted butter*

*¼–½ teaspoon Chinese 5-spice powder*

*2 teaspoons lime juice*

1. Using paper towels, wipe a thin coat of vegetable oil over a broiler pan.
2. Preheat the broiler on high, with the rack set on the upper third of the oven.
3. Melt the butter over low heat in a small saucepan. Stir in the 5-spice powder and lime juice; keep warm.
4. Place the salmon on the broiler pan, skin side up. Broil for 2 to 4 minutes or until the skin is crispy. Turn the salmon over and broil 2 minutes more or until done to your liking.
5. Transfer the salmon to 2 plates and spoon the butter sauce over the top.



### Fatty Fish

*Fatty fish are good for you! Fish such as tuna, salmon, and mackerel have high levels of Omega-3, a fatty acid shown to help prevent blood clots.*

*Omega-3 has also been linked to lowering triglycerides and cholesterol.*

## Serves 2

I'm a salmon fan. I like it poached, grilled, broiled, and smoked — any way really. No matter what variety you buy, they all seem to share that slightly sweet flavor that I haven't found in any other fish.

### Roasted Southeast Asian Fish

*1/4 cup chopped green onion  
3 cloves garlic  
4 thin slices of gingerroot  
4 small fresh red chilies, seeded, 2 left whole and 2 julienned  
Zest of 1 lime  
1 teaspoon salt  
4 (8-ounce) fish fillets (salmon or mackerel are good choices)  
4 (12-inch-square) pieces of aluminum foil  
12 fresh cilantro sprigs  
8 thin lime slices, cut in half*

1. In a food processor, combine the green onions, garlic, gingerroot, the 2 seeded whole chilies, the lime zest, and salt.
2. Preheat the oven to 450 degrees.
3. Rinse the fish under cold water and pat dry. Place each fillet in the center of a piece of foil. Rub generously with the green onion paste. Top with the cilantro leaves, lime slices, and julienned chilies. Wrap the fish in the foil.
4. Place the fish on a baking sheet and roast for approximately 10 minutes per inch of thickness.
5. To serve, place unopened packets on each plate. Let guests unwrap.



## Roasting Meat

*Roasting or grilling meats, poultry, and fish in aluminum foil is a terrific way to seal in juices and flavor. It makes additional fat unnecessary, and — maybe best of all — it makes cleanup a breeze. Give it a try and you may never go back!*

## Serves 4

A great light meal is created when you let the fish in this recipe cool to room temperature and place it on a bed of greens that have been tossed in Thai Vinaigrette (see recipes in Chapter 2).

### Steamed Red Snapper

*1 whole red snapper (about 2 pounds), cleaned, but left whole  
Vegetable oil*

*1 recipe of sauce, such as Minty Dipping Sauce (see page 24), Sweet-and-Sour Dipping Sauce (see page 25), or Mango-Pineapple Salsa (see page 26)*

1. Quickly rinse the fish under cold water. Pat dry with paper towels. With a sharp knife, deeply score the fish 3 to 4 times on each side.
2. Fill the base of a tiered steamer  $\frac{1}{2}$  full of water. Bring the water to a boil.
3. In the meantime, lightly coat the steamer rack with vegetable oil. Place the fish on the rack.
4. Place the rack over the boiling water, cover, and let steam for 10 to 12 minutes, until the flesh of the fish is opaque when pierced with a knife.
5. Serve the sauce on the side.



#### Red Snapper

*Red snapper is one of the most cherished of fish. Its moist, white flesh has a delicate, sweet flavor. It can readily be found fresh or frozen, and can be*

*served broiled, baked, steamed, poached, fried, or grilled. If not available, rock cod, white sea bass, and calico bass are popular substitutions.*

## Serves 4

This is a great dinner party dish. Its vibrant color makes a dramatic presentation. Place the whole fish on a serving platter and garnish with lime slices, whole chilies, and coconut wedges. Pass the sauce separately.

### Marinated Steamed Fish

*1 whole lean flatfish (such as redfish, flounder, or bass), cleaned  
1 large mushroom, thinly sliced  
2 tablespoons grated ginger  
1 tablespoon sliced jalapeño pepper  
2 green onions, finely sliced  
3 tablespoons fish sauce  
1 tablespoon soy sauce  
1 tablespoon shrimp paste  
1 teaspoon Tabasco  
Vegetable oil*

1. Quickly rinse the fish under cold water. Pat dry with paper towels.  
With a sharp knife, deeply score the fish 3 to 4 times on each side.
2. Stir together all of the remaining ingredients except the vegetable oil.
3. Place the fish in a large plastic bag. Pour the marinade over the fish and seal. Let the fish marinate for about 1 hour in the refrigerator.
4. Fill the base of a tiered steamer  $\frac{1}{2}$  full of water. Bring the water to a boil.
5. In the meantime, lightly coat the rack with vegetable oil. Place the fish on the rack.
6. Place the rack over the boiling water, cover, and let steam for 15 to 20 minutes, until the flesh of the fish is opaque when pierced with a knife.



## Don't Over-Marinate

*If your fish marinade has an acid in it (such as lemon or lime juice), don't marinate it for more than an hour or the marinade will begin "to cook" your fish. (Unless, of course, you are making ceviche.)*

## Serves 4

This fish gets its flavoring from the unique marinade, which is more of a paste than a traditional liquid. The finished fish is packed with flavor, but if you like, a squeeze of lemon or lime juice certainly won't hurt.

### Quick Asian-Grilled Fish

*1 whole fish, such as sea bass or mackerel, cleaned  
4 tablespoons chopped cilantro  
3 tablespoons chopped garlic, divided  
1 teaspoon freshly ground black pepper  
3 tablespoons lime juice  
1 tablespoon sliced jalapeño chili peppers  
2 teaspoons brown sugar*

1. Quickly rinse the fish under cold water. Pat dry with paper towels. Set the fish on a large sheet of aluminum foil.
2. Place the cilantro, 2 tablespoons of the garlic, and the black pepper in a food processor and process to form a thick paste.
3. Rub the paste all over the fish, both inside and out. Tightly wrap the fish in the foil.
4. To make the sauce, place the remaining garlic, the lime juice, jalapeño, and brown sugar in a food processor and pulse until combined.
5. Place the fish on a prepared grill and cook for 5 to 6 minutes per side or until the flesh is opaque when pierced with the tip of a knife.
6. Serve the fish with the sauce.



## Thai Manners

*Cleaning your plate in Thailand makes you a bad dinner guest. It makes your host appear not to be generous.*

## Serves 4–6

Alternatively, this fish can be cooked on a baking sheet in a 450-degree oven for approximately 10 to 12 minutes. Serve it with a variety of Thai-inspired salads — one featuring rice, one featuring veggies, and one with fruit.

## Seafood Stir-Fry

*3 tablespoons vegetable oil  
3 teaspoons garlic, chopped  
2 shallots, chopped  
1 stalk lemongrass, bruised  
¼ cup chopped basil  
1 can bamboo shoots, rinsed and drained  
3 tablespoons fish sauce  
Pinch of brown sugar  
1 pound fresh shrimp, scallops, or other seafood, cleaned  
Rice, cooked according to package directions*

1. Heat the oil in a skillet or wok over high heat. Add the garlic, shallots, lemongrass, and basil, and sauté for 1 to 2 minutes.
2. Reduce heat, add the remaining ingredients, and stir-fry until the seafood is done to your liking, approximately 5 minutes.
3. Serve over rice.



### Bamboo

*Bamboo, a favorite of panda bears, is indigenous to Asia. However, bamboo is farmed in California and actually grows wild in some parts of Arizona!*

## Serves 2–4

When I'm in the seafood section of the grocery store and everything looks great, I start thinking about this simple stir-fry. I buy a little of everything that strikes my fancy, go home, and have a seafood feast.

### Curried Mussels

*2 tablespoons butter  
2 shallots, minced  
½ cup sweet white wine, such as Riesling  
2 pounds mussels, debearded and rinsed well  
½ cup sour cream  
1 teaspoon (or to taste) curry powder  
1 tablespoon lemon juice*

1. In a pan large enough to hold all of the mussels, melt the butter over medium heat. Add the shallots and sauté until softened and translucent.
2. Add the wine and the mussels and increase the heat to high. Cover and cook, shaking the pan occasionally, until the mussels open, approximately 10 minutes.
3. Remove the mussels from the pan, discarding any mussels that haven't opened. Strain the pan liquid through a strainer and return it to the pan. Bring to a boil, then stir in the sour cream and curry powder.
4. Reduce the heat to medium-low and add the lemon juice. Cook for 2 to 3 minutes. Adjust the seasonings of the sauce if necessary with salt and curry powder.
5. Return the mussels to the broth, coating them. Reheat and serve.



## Cleaning Mussels

*Don't clean the mussels until just before you cook them. Scrape off any barnacles that are on the shells with a knife or scouring pad. Pull off any strands. (This is called debearding.) Throw out any mussels that are open. Place the mussels in a colander and rinse thoroughly under cool water. Use as soon as possible.*

## Serves 2–4

Make sure to have empty bowls on the table to hold all of the empty shells. Use appetizer forks if you have them. Their smallish size and reduced number of tines make it easier to get at the mussels.

### Steamed Mussels with Lemongrass

*3 cups water*

*2 stalks lemongrass, outer leaves removed and discarded, inner portion bruised*

*Peel of 1 lime*

*5 cloves garlic*

*3 (½-inch) slices unpeeled ginger*

*2 pounds mussels, cleaned*

*1 serrano chili*

*Tabasco to taste*

1. Place the water, lemongrass, lime, garlic, and ginger in a pot large enough to hold all of the mussels. Bring to a boil, reduce heat, and let simmer for 5 minutes.
2. Bring the liquid back to a boil and add the mussels; cover and let steam for 5 minutes, shaking the pan every so often.
3. Transfer the mussels to a serving platter, discarding any mussels that have not opened.
4. Add the chili pepper to the broth and simmer for an additional 2 minutes. Strain the broth, then pour over the mussels.
5. Serve the mussels with Tabasco on the side.

### Closed Mussels

*Do not eat any mussels that have not opened during the cooking process.  
Throw them away!*

## Serves 2–4

This recipe includes four of the most commonly-used Thai flavoring ingredients — lemongrass, lime peel, ginger, and chilies. If you are a fan of one flavor more than another, don't be afraid to adjust the amounts.

### Clams with Hot Basil

*1 tablespoon vegetable oil*

*2 small dried red chili peppers, crushed*

*2 cloves garlic*

*2 pounds Manila clams, cleaned*

*4 teaspoons fish sauce*

*2 teaspoons sugar*

*1 bunch basil (Thai variety preferred), trimmed and julienned*

1. Heat the oil in a large skillet on high. Add the chili peppers, garlic, and clams. Stir the clams until they open, about 4 to 5 minutes. Discard any clams that remain closed.
2. Add the fish sauce and sugar; stir until well combined.
3. Add the basil and stir until it wilts.
4. Serve immediately either as an appetizer or with rice as a main course.

## **Serves 4–6**

Handle the clams in the same manner you do mussels — rinse them, debeard them, and discard any that are open before you cook them.

### **Stir-Fried Shrimp and Green Beans**

*1 tablespoon vegetable oil*

*1 tablespoon Red Curry Paste (see recipes in Chapter 1)*

*½ cup cleaned shrimp*

*1½ cups green beans, trimmed and cut into 1-inch lengths*

*2 teaspoons fish sauce*

*2 teaspoons sugar*

1. Heat the vegetable oil over medium heat. Stir in the curry paste and cook for 1 minute to release the fragrance.
2. Add the shrimp and the green beans at the same time, and stir-fry until the shrimp become opaque. (The green beans will still be quite crispy. If you prefer your beans softer, cook an additional minute.)
3. Add the fish sauce and the sugar; stir to combine.
4. Serve immediately with rice.

## Serves 2–3

The green beans are the stars of this simple stir-fry, but the shrimp are the highlight. They give the beans a bit more flavor and the dish more color and protein!

### Seared Coconut Scallops

*1½ cups sweetened, flaked coconut  
2 cups boiling water  
¼ teaspoon cayenne  
½ teaspoon salt  
10 medium sea scallops, cleaned, rinsed, and patted dry  
Salt and pepper  
1 large egg, beaten*

1. Preheat the oven to 350 degrees.
2. Place the coconut in a small bowl. Pour the boiling water over the coconut, stir, and then drain through a colander. Pat dry.
3. Spread the coconut on a baking sheet and bake for 10 minutes or until golden.
4. Place the toasted coconut in a small bowl and mix in the cayenne and salt.
5. Season the scallops with salt and pepper.
6. Heat a heavy, nonstick pan over high heat until almost smoking.
7. Dip each scallop in the beaten egg, letting most of the egg drip off, then press the scallops into the coconut mixture.

8. Place the scallops in the pan and sear for 1 to 1½ minutes per side until just done.



## Choosing Scallops

*The best scallops in the world are called “diver scallops” because they are harvested by—you guessed it—scuba divers! This method, although costly, is environmentally superior to the net method for the same reasons the scallops taste better—the entire environment is not disturbed, shells are not cracked, and only the mature scallops are taken.*

## Serves 2

These sweet scallops have just a hint of heat and are so good, they may not make it to the dinner table. They may just disappear right off the paper towels!

### Curried Shrimp with Peas

*1½ teaspoons Red Curry Paste (see recipes in Chapter 1)*

*1 tablespoon vegetable oil*

*1 (14-ounce) can unsweetened coconut milk*

*4 teaspoons fish sauce*

*2–3 teaspoons brown sugar*

*2 pounds large shrimp, peeled and deveined*

*1 cup packed basil leaves, chopped*

*1 cup packed cilantro, chopped*

*1 (10-ounce) package thawed frozen peas*

*Jasmine rice, cooked according to package directions*

1. In a large pot, combine the curry paste, vegetable oil, and ¼ cup of the coconut milk; cook over medium heat for 1 to 2 minutes.
2. Stir in the remaining coconut milk and cook for another 5 minutes.
3. Add the fish sauce and sugar, and cook for 1 minute more.
4. Add the shrimp, basil, and cilantro; reduce heat slightly and cook for 4 to 5 minutes or until the shrimp are almost done.
5. Add the peas and cook 2 minutes more.
6. Serve over Jasmine rice.



## Shrimp Sizes

*Shrimp are sized according to how many come in a pound. Medium means that there are about 40 shrimp per pound. Large equals 30, extra-large equals 25, jumbo equals 20, and colossal equals about 15. Salad shrimp are too tiny to count, so they are weighed instead.*

## Serves 4–6

A beautifully colored curry-pink shrimp in a pink sauce peppered with green peas! The shrimp and the peas have a freshness that perfectly complements the silkiness of the Jasmine rice.

### Basil Scallops

*2 tablespoons vegetable oil  
3 cloves garlic, chopped  
3 kaffir lime leaves, julienned, or the peel of 1 small lime cut into thin strips  
½ pound bay scallops, cleaned  
1 (14-ounce) can straw mushrooms, drained  
¼ cup shredded bamboo shoots  
3 tablespoons oyster sauce  
15–20 fresh basil leaves*

1. In a wok or skillet, heat the oil on high. Add the garlic and lime leaves, and stir-fry until fragrant, about 15 seconds.
2. Add the scallops, mushrooms, bamboo shoots, and oyster sauce; continue to stir-fry for approximately 4 to 5 minutes or until the scallops are done to your liking.
3. Mix in the basil leaves and serve immediately.

## **Serves 2–4**

Small, yet flavorful, bay scallops cook quickly, so be ready to serve this stir-fry as soon as the scallops are done to your liking. Overcooking scallops will make them somewhat tough and chewy.



## Vegetable Dishes

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[Stir-Fried Black Mushrooms and Asparagus](#)  
[Thai-Style Fried Okra](#)  
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[Thai-Style Bean Sprouts and Snap Peas](#)



## Thai Vegetable Curry

*2 tablespoons vegetable oil  
¼ cup Green Curry (see recipes in Chapter 1)  
3 cups canned, unsweetened coconut milk  
3 tablespoons fish sauce  
1 pound small boiling potatoes, quartered (or halved if large)  
1 pound Japanese eggplant, cut into 1-inch slices  
12 ounces baby carrots  
2 cups broccoli florets  
3—4 ounces green beans, cut into 1-inch lengths  
½ cup fresh minced cilantro*

1. In a heavy stew pot, heat the oil. Add the curry paste 2 to 3 minutes.
2. Add the coconut milk and fish sauce; simmer for 5 minutes.

3. Add the potatoes, eggplant, and carrots, and bring to a heat and simmer for 10 minutes. Add the broccoli and continue to simmer until the vegetables are cooked through, 10 minutes.
4. Just before serving stir in the cilantro.



### Soy Sauce?

The Thai will know immediately that you are a foreigner if you ask for soy sauce. It's usually available, but it is not a traditional condiment. Fish sauce is the way to go.

## Serves 4–6

Don't be afraid to experiment. In this recipe you can add just about any veggies you want. Try substituting sweet potatoes for the boiling potatoes and Brussels sprouts for the broccoli.

### Vegetables Poached in Coconut Milk

*1 cup coconut milk  
1 shallot, finely chopped  
1 tablespoon soy sauce  
1 tablespoon brown sugar  
1 tablespoon Thai chilies, seeded and finely sliced  
1 tablespoon green peppercorns, tied together in a small pouch made from a Handi Wipe  
½ teaspoon sliced kaffir lime leaves  
½ cup long beans or green beans, broken into 2-inch pieces  
½ cup sliced mushrooms  
1 cup shredded cabbage  
½ cup peas  
Rice, cooked according to package directions*

1. In a saucepan bring the coconut milk to a gentle simmer medium heat. Stir in the shallots, soy sauce, brown sugar, green peppercorn pouch, and lime leaves. Simmer for 1 until aromatic.
2. Add the green beans, mushrooms, and cabbage, and return simmer. Cook for 5 to 10 minutes or until tender.
3. Add the peas and cook 1 more minute. Remove the pouch before serving over rice.



#### Kaffir Limes

The kaffir lime tree produces fruit and leaves that make great additions to dishes. It imparts a wonderful tropical fruit flavor to any dish.

## Serves 2–4

Each vegetable in this dish is rather mild in flavor and tends to absorb different amounts of the poaching liquid, giving the diner a slightly different flavor sensation with every bite.

### Southeastern Vegetable Stew

*8 cups vegetable stock  
3 tablespoons fish sauce  
2 tablespoons dark soy sauce  
2 tablespoons brown sugar  
4 cups turnip, cut into bitesized pieces  
1 Chinese cabbage, cut into bite-sized pieces  
1 Western cabbage, quartered, cored, and cut into bitesized pieces  
1 cup sliced leeks  
2 cups sliced celery  
4 cups roughly chopped kale  
1 can straw mushrooms, drained  
5 cakes hard tofu, cut into bite-sized pieces  
1 teaspoon vegetable oil  
6 tablespoons soybean paste  
3 tablespoons chopped garlic  
1 tablespoon minced ginger  
3 cups bean noodles, soaked, and cut into short lengths  
½ cup chopped cilantro  
Freshly ground pepper to taste*

1. Bring the stock to a boil and add the fish sauce, soy sauce, brown sugar.
2. Reduce the heat, add the vegetables and tofu, and simmer vegetables are almost tender.

3. In a small sauté pan, heat the oil over medium heat. Add paste and stir-fry until fragrant. Add the garlic and ginger, until the garlic is golden.
4. Add the soybean paste mixture to the soup. Stir in the noodles and cilantro, and simmer 5 more minutes.
5. Season with the pepper and additional fish sauce to taste.

## Serves 8

One of the great things about Asian cooking is that you can go wild with substitutions and omissions. Don't like tofu? Leave it out. Is your garden being overrun with Swiss chard? Throw it in. There are no rules.

### Vegetarian Stir-Fry

*1-2 tablespoons vegetable oil  
2 cups bite-sized tofu pieces  
2 tablespoons minced garlic  
2 tablespoons grated ginger  
4 tablespoons seeded and sliced Thai chilies  
4 tablespoons soy sauce  
2 tablespoons dark sweet soy sauce  
1 small onion, sliced  
1/4 cup snow peas  
1/4 cup thinly sliced celery  
1/4 cup water chestnuts  
1/4 cup bite-sized pieces bell pepper  
1/4 cup sliced mushrooms  
1/4 cup cauliflower florets  
1/4 cup broccoli florets  
1/4 cup asparagus tips  
1 tablespoon cornstarch, dissolved in a little water  
1/4 cup bean sprouts  
Rice, cooked according to package directions*

1. Heat 1 tablespoon of oil in a large skillet or wok over medium-heat. Add the tofu and sauté until golden brown. Transfer paper towels to drain.
2. Add additional oil to the skillet if necessary, and stir-fry the ginger, and chilies to release their fragrance, about 2 to 3 minutes. Stir in the soy sauces and

increase the heat to high.

3. Add the reserved tofu and all the vegetables except the bean stir-fry for 1 minute.
4. Add the cornstarch mixture and stir-fry for another minute or until the vegetables are just cooked through and the sauce has thickened slightly.
5. Add the bean sprouts, stirring briefly to warm them.
6. Serve over rice.

## **Serves 4–6 as a main course**

If your vegetable bin ends up looking like mine, with a bit of this and a bit of that, this is the recipe for you. You can follow the ingredient list precisely, or substitute to your heart's desire.

### **Thai Pickled Vegetables**

*4 cups water*

*1 cup baby corn*

*1 cup broccoli florets*

*1 cup sliced carrots*

*½ cup bok choy*

*1 large cucumber, seeded and cut into 3-inch-long, ½-inch wide strips*

*1 recipe Thai Vinegar Marinade (see recipe on page 15)*

*½ cup cilantro leaves*

*2–3 tablespoons toasted sesame seeds*

1. Bring the water to a boil in a large pan. Add the vegetables blanch for 2 to 3 minutes. Strain the vegetables and shock water to stop the cooking process.
2. Place the vegetables in a large bowl and pour the Thai Vinegar Marinade over the top. Let cool to room temperature and then refrigerate for at least 4 hours or up to 2 weeks (yes, weeks).
3. Stir in the cilantro and sesame seeds just before serving.

## **Yields approx. 6 cups**

These pickled vegetables are great as a side dish, a snack, or on top of a bed of greens. The longer they sit in the marinade, the spicier and more vinegary they will get.

### **Asian Grilled Vegetables**

*2 bell peppers (red, yellow, or green, in any combination), seeded and cut into 2-inch squares*

*1 zucchini, cut into 1-inch slices*

*1 summer squash, cut into 1-inch slices*

*12 whole mushrooms, approximately 1-inch in diameter*

*12 whole pearl onions or 12 (2-inch) pieces of white onion*

*1 recipe Asian Marinade (see recipes in Chapter 1)*

1. Alternate the vegetables on 6 skewers (soak the skewers in water until soft if using wooden skewers).
2. Place the skewers in a pan large enough to allow them to lay flat. Pour the marinade over the skewers and let sit for approximately 1 hour.
3. Place the skewers in a lightly oiled grill basket and place on a hot grill. Cook approximately 5 minutes on each side or until vegetables are done to your liking.



### **Grilling Isn't Just for Meats!**

Grilling vegetables may be my favorite way to prepare them. Even when I just baste them in a little olive oil and sprinkle them with salt and pepper, grilling gives them this special taste you just can't get any other way. And if you burn them a little bit — who cares — the charring just adds a little more flavor!

## Serves 6

If you are planning on serving your vegetables from a bowl, don't bother with the skewers. Simply place the vegetables in a pan, marinate them, and then place them in a grill basket to cook.

### Pumpkin with Peppercorns and Garlic

*30 peppercorns*

*2 cloves garlic*

*1 tablespoon vegetable oil*

*2 cups fresh pumpkin pieces, cut into 1-inch cubes*

1. Using a mortar and pestle, crush together the peppercorns and the garlic.
2. Add the vegetable oil to a large sauté pan and heat on high. Add the peppercorn-garlic mixture and stir-fry until the garlic just begins to brown.
3. Add the pumpkin pieces, stirring to coat.
4. Add the water and bring the water to a simmer. After the water has been reduced by half, stir in the fish sauce and sugar.
5. Continue to cook until the pumpkin is tender but not mushy.
6. Serve as a side dish.



### Thai Pumpkins

In Thailand, the differences between pumpkins and squashes are not very well defined — they basically treat them all the same. The Thai version of a

pumpkin is Fug Tong, but almost any fleshy hard squash can be substituted (with different, but delicious, results).

## Serves 4–6

Pumpkin? Really? Yes, really. The slightly sweet flavor of the pumpkin handles the strong flavors of the peppercorns and the garlic astonishingly well. I like to serve this as an accompaniment to simple grilled meats.

### Gingered Green Beans

*2 tablespoons vegetable oil*

*1 stalk lemongrass, minced (inner tender portion only)*

*1 tablespoon peeled and minced ginger*

*1–3 (to taste) serrano chilies, seeded and minced*

*½ cup coconut milk*

*¼ teaspoon salt*

*½ pound green beans, trimmed*

1. In a medium-sized saucepan, heat the oil on medium-high. Stir in the lemongrass, ginger, and chilies; sauté for 1 to 2 minutes.
2. Stir in the coconut milk and the salt until well combined.
3. Add the green beans, raise the heat to high, and cook for 3 minutes or until the beans are done to your liking.

## **Serves 2–4**

This recipe goes well with grilled steak, especially if the beans have been soaked in an Asian marinade. They also complement seared tuna exceedingly well. Or try tossing them into a salad.

### **Curried Green Beans**

*2 tablespoons vegetable oil*

*2 tablespoons Red Curry Paste (see recipes in Chapter 1)*

*6 cups chicken or vegetable broth*

*1 pound green beans, trimmed Steamed rice*

1. In a large saucepan, heat the vegetable oil over medium-high heat.
2. Add the curry paste and stir-fry for 1 minute.
3. Stir in the broth until well combined with the paste. Add the green beans and bring to a low boil. Cook for 15 to 20 minutes to reduce the liquid.
4. Reduce the heat to maintain a hard simmer and continue cooking until the beans are very well done.
5. Serve the beans over steamed rice, ladling the sauce over the top.

## Serves 4–6

I usually like my green beans like a really rare steak — just barely heated through. But in this instance, you have to cook the beans almost to a pulp. As the beans break down, they help form the sauce.

### Green Beans with Macadamia Nut Sauce

*1 medium onion, chopped  
4 whole raw macadamia nuts, chopped  
2 cloves garlic, chopped  
2 tablespoons vegetable oil  
2 tablespoons water  
½ teaspoon cayenne pepper  
1 teaspoon ground coriander  
½ teaspoon ground cumin  
1 cup coconut milk  
1 bay leaf  
½-1 teaspoon salt to taste  
1 pound green beans, trimmed*

1. Place the onion, macadamia nuts, garlic, vegetable oil, and water in a blender or food processor and process until smooth. Transfer the paste to a small bowl and stir in the cayenne pepper, coriander, and cumin.
2. In a medium-sized saucepan, heat the macadamia nut paste, coconut milk, and bay leaf over medium-high heat. Bring to a simmer, reduce heat, and cook until reduced by half.
3. Stir in the salt. Add the green beans and continue simmering, stirring occasionally, until the beans are done to your liking, about 8 to 10 minutes. Add salt to taste if necessary.

## **Serves 4–6**

The macadamia sauce in this recipe is amazing. I love the complexity of tastes, and the nuts add flavor as well as texture. The sauce is also delicious over some pasta (without the beans).

### **Roasted Asian Cauliflower**

*1 head cauliflower, broken into florets (cut the florets in half if large)*

1. Place the cauliflower florets in a large Ziplock bag and pour marinade over them; let rest in the refrigerator for 4 to 6 hours.
2. Preheat the oven to 500 degrees.
3. Place the cauliflower florets in a roasting pan. Roast for approximately 15 minutes or until tender, turning after 7 to 8 minutes.

## Serves 6–8

Roasting cauliflower? Yes, another strange idea, but it's actually quite good and it couldn't be much easier.

### Spicy Stir-Fried Corn

*2 tablespoons vegetable oil  
1 stalk lemongrass, minced (tender inner portion only)  
2 teaspoons minced garlic  
1 tablespoon butter  
1 medium onion, minced  
4 cups corn kernels (fresh or frozen and thawed are best)  
1 cup low-sodium vegetable broth  
2 teaspoons lime zest  
2 tablespoons fish sauce Tabasco to taste  
2 tablespoons lime juice*

1. Place the oil in a large skillet over high heat. Add the lemongrass. As soon as it begins to brown, add the garlic, butter, and onion. Continue to cook on high, letting the ingredients brown somewhat.
2. Add the corn kernels and cook until they brown. Stir in the vegetable stock; stirring constantly, cook the mixture for 2 minutes, scraping the bottom of the pan to loosen any burned-on bits.
3. Stir in the remaining ingredients and cook for 30 more seconds.

## **Serves 6–8**

This corn recipe can be addicting. So be warned! Try serving it with any grilled meat or fish dish.

### **Grilled Eggplant with an Asian Twist**

*4—8 Japanese eggplants (about 1½ pounds in all)*

*Olive oil*

*Salt and pepper to taste*

1. Prepare a grill or broiler. Allow it to achieve high heat.
2. If the eggplants are relatively large, cut in half vertically. Toss them with a little olive oil just to coat, and season with salt and pepper. Place the eggplant either in a vegetable grilling basket or directly on the grill grate or broiler pan. Cook until tender, about 15 to 20 minutes, turning midway through the cooking process.
3. Remove from the heat. Sprinkle with lemon juice and fish sauce.
4. Garnish with basil leaves. Serve either hot or at room temperature.

## Serves 4–6

I like cooking with Japanese eggplant because you don't have to go through the process of salting them in order to extract their extra moisture like you do with our larger, more familiar Western ones.

### Japanese Eggplant with Tofu

*4–6 tablespoons vegetable oil*

*2–3 cloves garlic, finely chopped*

*3 cups sliced Japanese eggplant, about  $\frac{1}{8}$ -inch thick*

*$\frac{1}{4}$  pound extra-firm tofu, cut into small cubes*

1. Heat the oil in a large skillet over medium-high heat. Add the garlic and sauté until it turns golden.
2. Add the eggplant and tofu pieces; sauté, stirring constantly, for 5 to 6 minutes or until the eggplant is done to your liking.
3. Carefully stir in the remaining ingredients.
4. Serve immediately to avoid discoloration of the eggplant and basil.

## Serves: 2–4

Both eggplant and tofu are extremely mild by themselves. The zest from this recipe comes from the garlic, serrano chili, and basil — all of which pack quite a punch.

### Stir-Fried Black Mushrooms and Asparagus

*1 ounce dried Chinese black mushrooms*

*1 tablespoon vegetable oil*

*1–2 cloves garlic, minced*

*3–4 tablespoons oyster sauce Tabasco (optional)*

*1 pound asparagus spears, trimmed*

1. Place the dried mushrooms in a bowl and cover with hot water. Let soak for 15 minutes. Drain, discard the stems, and slice into strips; set aside.
2. Heat the oil on medium-high in a large skillet. Add the garlic and sauté until golden.
3. Stir in the mushrooms and continue cooking, stirring constantly, for 1 minute.
4. Stir in the oyster sauce and a few drops of Tabasco if desired.
5. Add the asparagus spears. Sauté for 2 to 4 minutes or until the asparagus is done to your liking.

## Serves 4–6

The unique sauce in this dish is a far cry from the traditional, super-rich hollandaise sauce or butter and nutmeg traditionally served with asparagus in the West.

### Thai-Style Fried Okra

*½ cup all-purpose flour*

*½ cup tapioca flour*

*1 teaspoon baking powder*

*½ cup water*

*1 pound small okra, trimmed*

*1 cup vegetable oil*

*1 recipe chili dipping sauce of your choice (see recipes in Chapter 2)*

1. In a medium-sized mixing bowl, combine the flours, the baking soda, and water to form a batter. Add the okra pieces.
2. Heat the vegetable oil in a frying pan or wok over high heat. (It should be hot enough that a test piece of batter puffs up immediately.)
3. Add the battered okra, a few at a time, and fry until golden.
4. Using a slotted spoon, remove the okra to paper towels to drain.
5. Serve hot with your favorite chili dipping sauce.

## **Yields approx. 20**

If ever there was a way to eat okra, this is it. The tapioca flour creates a batter that fries up superlight. This dish make a fun appetizer or snack.

## **Tropical Vegetables**

*1 teaspoon vegetable oil*

*1 shallot, minced*

*1 tablespoon sesame seeds*

*1 tablespoon Red Curry Paste (see recipes in Chapter 1)*

*½ cup coconut milk*

*1 tablespoon Tamarind Concentrate (see recipe on page 18)*

*2 tablespoons brown sugar*

*1 tablespoon fish sauce*

*2½ cups green beans, trimmed and cut into 1-inch lengths*

*1 yellow or red bell pepper, seeded and julienned*

*2 cups bamboo shoots*

*2½ cups baby spinach leaves*

*2 cups bean sprouts*

1. To make the sauce, heat the vegetable oil in a small sauté pan on medium-high. Add the minced shallot and fry until golden. Transfer the fried shallot to paper towels to drain.
2. Using a mortar and pestle, crush half of the sesame seeds and half of the fried shallots together; set aside.
3. In a small saucepan, combine the Red Curry Paste and the coconut milk, and bring to a simmer over medium-low heat. Add the tamarind, brown sugar, fish sauce, and the reserved sesame seed? shallot mixture. Reduce heat to low and keep warm.

4. Bring a large saucepan of water to a boil. Add the green beans, the bell pepper pieces, and the bamboo shoots to the water and blanch for 30 seconds to 1 minute or until done to your liking. Using a slotted spoon, remove the vegetables from the water to a colander to drain.
5. Let the water return to boiling and add the spinach leaves and the bean sprouts. Immediately remove them from the water to drain.
6. Toss all of the vegetables together.
7. To serve, place the vegetables in the center of a serving plate. Pour some of the sauce over the vegetables. Pass additional sauce separately.

## **Serves 8–10**

Not every ingredient used in Thai cooking is healthy. Coconut, coconut milk, coconut cream, and palm oil are all high in saturated fat. If you are watching your cholesterol, use “lite” coconut milk in this recipe.

### **Thai–Style Bean Sprouts and Snap Peas**

*2 tablespoons vegetable oil*

*1 small onion, thinly sliced*

*1 (1-inch) piece ginger, peeled and minced Pinch of white pepper*

*1 tablespoon soy sauce*

*½ pound sugar snap peas, trimmed*

*1 pound bean sprouts, rinsed thoroughly and trimmed if necessary*

*Salt and sugar to taste*

1. Heat the vegetable oil over medium-high heat in a large skillet.
2. Add the onion and the ginger and sauté for 1 minute.
3. Stir in the white pepper and the soy sauce.
4. Add the sugar snap peas and cook, stirring constantly, for 1 minute.
5. Add the bean sprouts and cook for 1 more minute while stirring constantly.
6. Add up to  $\frac{1}{2}$  teaspoon of salt and a large pinch of sugar to adjust the balance of the sauce. Serve immediately.

## **Serves 4–6**

This recipe lets the peas shine without overpowering their sweet, delicate flavor with anything heavy or overly spicy. The bean sprouts add a nice contrast.



## Noodle Dishes

[Pad Thai](#)  
[Fire Noodles](#)  
[Rice Stick Noodles with Chicken and Vegetables](#)  
[Chiang Mai Curried Noodles](#)  
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[Broccoli Noodles with Garlic and Soy](#)

## **Pad Thai**

*8 ounces rice noodles  
2 tablespoons vegetable oil  
5–6 cloves garlic, finely chopped  
2 tablespoons chopped shallots  
½ cup cooked salad shrimp  
¼ cup fish sauce  
¼ cup brown sugar  
6–8 teaspoons Tamarind Concentrate (see recipe on page 18)  
¼ cup chopped chives  
½ cup chopped roasted peanuts  
1 medium egg, beaten  
1 cup bean sprouts*

### **Garnish:**

*1 tablespoon lime juice  
1 tablespoon Tamarind Concentrate  
1 tablespoon fish sauce  
½ cup bean sprouts  
½ cup chopped chives  
½ cup coarsely ground roasted peanuts*

*1 lime cut into wedges*

1. Soak the noodles in water at room temperature for 30 minutes or until soft. Drain and set aside.
2. Heat the vegetable oil in a wok or skillet over medium-high heat. Add the garlic and shallots, and briefly stir-fry until they begin to change color.
3. Add the reserved noodles and all the remaining ingredients except the egg and the bean sprouts, and stir-fry until hot.
4. While constantly stirring, slowly drizzle in the beaten egg.
5. Add the bean sprouts and cook for no more than another 30 seconds.
6. In a small bowl mix together all of the garnish ingredients except the lime wedges.
7. To serve, arrange the Pad Thai on a serving platter. Top with the garnish and surround with lime wedges.

## Serves 2–4

Anyone who has ever eaten in a Thai restaurant has probably had this most famous of Thai noodle dishes. The actual sauce has a rather sweet taste offset by the garlic and peanuts.

### Fire Noodles

*15–20 (or to taste) Thai bird chilies, stemmed and seeded  
5–10 (or to taste) cloves garlic  
1 pound presliced fresh rice noodles (available at Asian grocery stores and on the Internet)  
2 tablespoons vegetable oil  
2 whole boneless, skinless chicken breasts, cut into bite-sized pieces  
2 tablespoons fish sauce  
2 tablespoons sweet black soy sauce  
1 tablespoon oyster sauce  
1 teaspoon white pepper  
1½ tablespoons sugar  
1 (8-ounce) can bamboo shoots, drained  
1½ cups loose-packed basil and/or mint*

1. Place the chilies and garlic cloves in a food processor and process until thoroughly mashed together; set aside.
2. Bring a kettle of water to a boil. Place the noodles in a large colander and pour the hot water over them. Carefully unfold and separate the noodles; set aside.
3. Heat the oil in a wok or large skillet over medium-high heat. When it is quite hot, carefully add the reserved chili-garlic mixture and stir-fry for 15 seconds to release the aromas.

4. Raise the heat to high, add the chicken, and stir-fry until it begins to lose its color, about 30 seconds.
5. Stir in the fish sauce, soy sauce, oyster sauce, white pepper, and sugar.
6. Add the noodles and continue to stir-fry for 30 seconds, tossing them with the other ingredients.
7. Add the bamboo shoots and cook for another minute.
8. Turn off the heat and add the basil.



### Cooling Down

*If you bite into a chili that is just too hot to handle, try sucking on a spoonful of sugar or sucking on a hard candy.*

## **Serves 4–6**

These noodles live up their name — they are not for the faint of heart! The thick, lush noodles somehow have the ability to stand up to the power of the superhot Thai bird chilies and their garlic sidekick.

### **Rice Stick Noodles with Chicken and Vegetables**

#### **Noodles:**

*8 ounces rice stick noodles  
2 tablespoons vegetable oil  
1 tablespoon sweet black soy sauce*

#### **Chicken and vegetables:**

*2 tablespoons vegetable oil  
4 cloves garlic, chopped  
1 large whole boneless, skinless chicken breast, cut into bite-sized strips  
 $\frac{1}{4}$  pound broccoli, chopped  
1 small onion, finely sliced  
1 $\frac{1}{4}$  cups sliced Japanese eggplant  
 $\frac{1}{2}$  teaspoon Tabasco  
2 tablespoons fish sauce  
2 tablespoons Yellow Bean Sauce (see recipe on page 9)  
3 tablespoons brown sugar  
 $\frac{1}{4}$  cup chicken broth  
1 tablespoon cornstarch mixed with  
1 tablespoon water  
1 cup bean sprouts  
 $\frac{1}{4}$ – $\frac{1}{2}$  cup sliced green onions  
1 small red bell pepper, seeded and cut into strips*

## **Serves 2–4**

Rice noodles don't really have a Western equivalent. Silky smooth and a bit chewy, these rather flavorless delights absorb the flavors of the other ingredients, becoming one with the dish.

### **Noodles:**

1. Soak the noodles in warm water for 15 minutes or until soft; drain.
2. Place a wok over medium-high heat and add the vegetable oil. When the oil is hot, add the noodles and stir-fry vigorously until they are heated through, about 45 seconds to 1 minute.
3. Add the soy sauce and continue to stir-fry for 1 more minute.
4. Place the noodles on a serving platter, covered in foil, in a warm oven until ready to serve.

### **Chicken and vegetables:**

1. Place a wok over medium-high heat and add the vegetable oil. When the oil is hot, add the garlic and stir-fry briefly to release its aroma.
2. Add the chicken and cook until it starts to become opaque.
3. Add the broccoli and stir-fry for 30 seconds.
4. Add the onion and eggplant and stir-fry for 2 minutes.
5. Add the Tabasco, fish sauce, yellow bean sauce, and sugar. Stir-fry for 1 minute.

6. Add the broth, cornstarch mixture, bean sprouts, green onions, and red bell pepper; cook until vegetables are tender-crisp.
7. To serve, ladle the chicken and vegetable mixture over the reserved noodles.



## Thai Rice Noodles

*Thai rice stick noodles have a transparent appearance, a slightly chewy texture, and almost no flavor, which makes them great for absorbing dressings and sauces. They are also known as rice vermicelli. Cellophane noodles look similar to rice sticks, but are made of mung bean flour. They are also known as bean threads, silver threads, and shining noodles. Before boiling or stir-frying either cellophane or rice stick noodles, they are first soaked in hot water for a few minutes and then cut to the desired length with scissors. Both products can also be fried without soaking, creating a crunchy topping or snack.*

## Chiang Mai Curried Noodles

*½ cup coconut milk  
1 tablespoon Red Curry Paste (see recipes in Chapter 1)  
1 tablespoon chopped garlic  
1 tablespoon curry powder Pinch of turmeric powder  
2 tablespoons fish sauce Pinch of sugar  
1 teaspoon lime juice  
¼ pound ground pork  
4 ounces rice noodles, soaked in water for 20 to 30 minutes or until soft  
Lime wedges, for garnish*

1. Heat the coconut milk in a wok or heavy skillet over medium heat. Stir in the curry paste and cook until aromatic and a thin film of oil separates out.

2. Add the garlic and cook for about 30 seconds. Add the remaining ingredients except the pork, noodles, and limes, and cook until the sauce thickens slightly, stirring constantly.
3. Add the pork and continue to stir until the meat is cooked through. Reduce heat and keep the sauce warm.
4. Bring a pan of water to a rolling boil. Place the noodles in a wire basket or strainer and dip the noodles in the water for 10 to 20 seconds. Drain the noodles and transfer to serving plate.
5. Pour the sauce over the noodles. Serve with lime wedges.



## Thai Noodle Meals

*Ground meat is commonly used in Thai noodle dishes, not only for flavor, but for textural contrast with the noodles.*

## Serves 1–2

The combination of red curry paste, yellow curry powder, and gold turmeric produces a lovely orange-tinged sauce in this dish.

### Pan-Fried Noodles

*¾ pound fresh lo mein noodles or angel hair pasta  
¼ cup minced chives  
2 tablespoons (or to taste) prepared chili-garlic paste  
3 tablespoons vegetable oil, divided  
Salt to taste*

1. Boil the noodles in a large pot for no more than 2 to 3 minutes. Drain, rinse under cold water, and drain again.
2. Add the chives, chili paste, 1 tablespoon of the oil, and salt to the noodles; toss to coat, and adjust seasonings.
3. In a heavy-bottomed 10-inch skillet, heat the remaining oil over medium-high heat. When it is hot, add the noodle mixture, spreading evenly. Press the noodles into the pan with the back of a spatula. Cook for approximately 2 minutes. Reduce heat and continue to cook until the noodles are nicely browned. Flip the noodles over in 1 piece. Continue cooking until browned, adding additional oil if necessary.
4. To serve, cut the noodles into wedges.



### Noodles of Fun

*Other Asian noodles include mein, which are Chinese in origin and are similar to Western egg noodles. They are made with wheat flour, water, and egg, and come fresh, dried, or frozen. Japan also has a variety of noodles,*

*including buckwheat Soba, thin wheat Somen, and thicker, rounder Udon, to name a few.*

## Serves 6–8

People are always amazed when I tell them that the wedge on their plate is noodles! They are crispy on the outside and still noodlelike inside. I like to serve this with anything grilled or roasted.

### Clear Noodles with Baked Shrimp

*1 7-ounce package rice noodles  
2 cloves garlic, chopped  
¼ cup chopped cilantro  
20–30 black peppercorns  
1 tablespoon vegetable oil  
1 medium onion, thinly sliced  
1 teaspoon sugar  
1 tablespoon soy or fish sauce Sesame oil to taste  
6 large shrimp, shell on, rinsed and patted dry*

1. Soak the noodles in hot water until soft, about 10 minutes. Drain and set aside.
2. Using a mortar and pestle or a food processor, thoroughly combine the garlic, cilantro, and peppercorns.
3. Add the vegetable oil to a wok or large skillet over low heat. Add the garlic mixture and stir-fry for 1 minute. Add the sliced onion and continue cooking until the onion is tender, then turn off the heat.
4. Add the sugar, soy sauce, and a few drops of sesame oil to the wok; stir to combine. Add the noodles and toss to coat. Pour the noodle mixture into an ovenproof baking dish. Place the whole shrimp on top of the noodles, cover the dish, and bake for 20 minutes in a 400-degree oven. Serve immediately.



## Thai Table Setting

*A traditional Thai table setting includes only a fork and spoon. The fork is used to push the food onto the spoon, not to place food into the mouth. Only a spoon is used for this.*

## Serves 2

Traditionally, this Chinese-inspired dish would be baked in a clay pot, making for a spectacular presentation.

### Sesame Noodles with Veggies

*2 tablespoons vegetable oil  
2 cloves garlic, minced  
2 cups broccoli, cut into bite-sized pieces  
1 red bell pepper, seeded and cut into strips  
2 tablespoons water  
8 ounces egg noodles  
4 ounces tofu, cut into bitesized cubes  
1 tablespoon sesame oil  
2–3 tablespoons soy sauce  
2–3 tablespoons prepared chili sauce  
3 tablespoons sesame seeds*

- 1. Heat the oil in a large Sauté pan or wok over medium heat. Add the garlic and sauté until golden, approximately 2 minutes.*
- 2. Add the broccoli and red bell pepper, and stir-fry for 2 to 3 minutes. Add the water, cover, and let the vegetables steam until tender, approximately 5 minutes.*
- 3. Bring a large pot of water to boil. Add the noodles and cook until al dente; drain.*
- 4. While the noodles are cooking, add the remaining ingredients to the broccoli mixture. Remove from heat, add the noodles, and toss to combine.*

## **Serves 2–4**

Sesame oil is a standard ingredient in most Asian cuisines but is not as common in Thai cooking. However, here it pairs well with the other ingredients to create a subtle perfumed quality

### **Panang Mussels and Noodles**

*1 pound Asian egg noodles  
2 tablespoons vegetable oil  
1 teaspoon Black Bean Paste (see recipe on page 10)  
1 medium onion, chopped  
6—8 stalks celery, chopped  
 $\frac{1}{4}$  cup white wine  
2 cups chicken broth  
1 pound mussels, washed and debearded*

1. Bring a large pot of water to a boil over high heat. Add the noodles and cook until al dente. Rinse the noodles under cold water and set aside.
2. Heat the oil in a large sauté pan over medium heat. Add the Black Bean Paste, onion, and celery, and sauté for 5 minutes.
3. Add the wine and chicken broth, and bring to a boil.
4. Add the mussels and reduce heat to low; cover and steam for 5 minutes.
5. To serve, divide the noodles between 4 soup plates. Divide the mussels between the plates (discarding any that have not opened) and pour the broth over the top.

## **Serves 4**

The white wine pairs with chicken stock in this dish to form the base of the sauce. The Asian notes come from the Black Bean Paste. If you are a mussel fan, you are sure to think this is a winner.

### **Flowered Lime Noodles**

*8 ounces angel hair pasta*

*1 tablespoon salted butter*

*2–3 tablespoons lime juice*

*4 ounces grated Parmesan cheese*

*Rose petals or other organic edible flowers*

*Lime slices*

*Black pepper*

1. Bring a large pot of water to a boil over high heat. Add pasta and cook according to package instructions; drain.
2. Toss the pasta with butter, lime juice, and parmesan.
3. To serve, top with rose or flower petals and lime slices. Pass black pepper at the table.

## Serves 4

Subtly flavored with lime juice and rose petals, this is not exactly a traditional Thai dish (the Parmesan gives it away), but it's so good I had to include it. If you are a purist, leave the cheese out.

### Poached Chicken Breast with Peanut Sauce and Noodles

*¾ cup crunchy peanut butter  
1½ cups coconut milk  
2 tablespoons fish sauce  
¼ cup lime juice  
2 teaspoons brown sugar  
4 cloves garlic, minced  
Salt and pepper to taste  
¼ cup chicken stock  
¼ cup half-and-half  
1 pound Chinese egg noodles (mein)  
1 tablespoon peanut oil  
1 tablespoon sesame oil  
6–8 green onions, trimmed and thinly sliced  
3 whole boneless, skinless chicken breasts, halved and poached  
1 pound snow peas, trimmed and blanched*

1. Combine the peanut butter, coconut milk, fish sauce, lime juice, brown sugar, garlic, salt, and pepper in a small saucepan over low heat. Cook until smooth and thick, stirring frequently.
2. Transfer to a blender and purée.
3. Add the chicken stock and half-and-half, and blend; set aside.
4. Bring a large pot of water to a boil. Add the noodles and cook until al dente. Drain, rinse under cold water, and drain again.

5. Toss the noodles with the peanut and sesame oils.
6. To serve, place some pasta in the middle of each serving plate. Spoon some of the peanut sauce over the pasta. Slice each chicken breast on the diagonal. Transfer 1 sliced breast to the top of each portion of noodles. Spoon some additional peanut sauce over the chicken. Surround the noodles with the snow peas. Garnish with the sliced green onions.

## Serves 6

Using chicken satay as a starting point, this dish is a bit more upscale. It's a great luncheon or brunch item because it's not heavy or overpowering, but still rich in flavor.

### Thai Noodles with Chicken and Pork

#### For the sauce:

*½ cup peanut butter  
½ cup soy sauce  
1 teaspoon minced garlic  
3 tablespoons sesame oil  
3 tablespoons honey  
1 teaspoon hot chili oil  
¼ teaspoon white pepper*

#### For the noodles:

*1 pound dry flat Asian noodles  
1 tablespoon vegetable oil  
1 teaspoon sesame oil  
½ teaspoon minced garlic  
½ pound boneless, skinless chicken breast, sliced thin  
½ pound boneless pork tenderloin, cut into thin strips  
1 large yellow onion, diced  
6 ounces salad shrimp  
6–8 green onions, trimmed, white portions sliced, green portions julienned*

1. Place all of the sauce ingredients in a blender and process until smooth; set aside.
2. Bring a large pot of water to boil over high heat. Prepare the noodles according to package directions, drain, and stir in the sauce mixture, reserving ¼ cup; set aside.

3. Heat the oils in a large saut  e pan over high heat. Add the garlic and saut  e briefly.
4. Add the chicken, pork, and onion, and saut   for 5 to 6 minutes or until the meats are cooked through.
5. Add the white portion of the green onion and the shrimp and saut  e for 2 more minutes.
6. Add the green parts of the onions and the remaining sauce, stirring until everything is well coated.
7. To serve, place the noodles on a large platter and top with the meat saut  e. Pass additional hot chili oil separately.

## Serves 4–6

Hot chili oil adds heat, depth of flavor, and a bit of color. If you use it as a condiment, do so sparingly. It packs a punch and, because it is an oil, quickly permeates whatever it's put on.

### Spicy Egg Noodles with Sliced Pork

*1 small cabbage, shredded  
1 cup bean sprouts  
1 package fresh angel hair pasta  
½ teaspoon vegetable oil  
4 tablespoons minced garlic  
2 tablespoons fish sauce  
2 tablespoons sugar  
4–6 tablespoons rice vinegar  
2 teaspoons ground dried red chili pepper (or to taste)  
1 small Barbecued Pork  
Tenderloin (see recipe on page 94), thinly sliced  
Freshly ground black pepper to taste  
2 scallions, trimmed and thinly sliced  
2 teaspoons chopped cilantro*

1. Bring a large pot of water to a boil over high heat. Add the cabbage and blanch about 30 seconds. Using a slotted spoon, remove the cabbage from the boiling water; set aside.
2. Let the water return to boiling. Add the bean sprouts and blanch for 10 seconds. Using a slotted spoon, remove the sprouts from the water; set aside.
3. Return the water to boiling. Add the fresh angel hair pasta and cook according to package directions. Drain the pasta and place it in a large mixing bowl.

4. In a small sauté pan, heat the vegetable oil over medium heat. Add the garlic and sauté until golden. Remove from heat. Stir in the fish sauce, sugar, rice vinegar, and dried chili pepper.
5. Pour the sauce over the pasta and toss to coat.
6. To serve, divide the cabbage and the bean sprouts into 2 to 4 portions and place in the center of serving plates. Divide the noodles into 2 to 4 portions and place over the cabbage and sprouts. Divide the pork slices over the noodles. Grind black pepper to taste over the noodles and top with the sliced scallions and chopped cilantro.

## **Serves 2 as a main course or 4 as an appetizer.**

If you don't have leftover pork, but still want to make a quick version of this dish, slice some storebought roast chicken over the top.

### **Curried Rice Noodles with Tofu and Egg**

*½ teaspoon ground coriander  
½ teaspoon ground cumin  
1 teaspoon curry powder  
1 tablespoon Red Curry Paste (see recipes in Chapter 1)  
1 cup coconut milk  
2–3 cups water  
2 tablespoons minced shallots  
2 tablespoons sugar  
2 tablespoons fish sauce  
½ of a 7-ounce package rice noodles  
1 hard-boiled egg, sliced  
⅓ cup cubed extra-firm tofu  
⅓ cup bean sprouts  
1 green onion, trimmed and thinly sliced  
2 tablespoons chopped cilantro*

1. In a small bowl, thoroughly combine the coriander, cumin, curry powder, and curry paste.
2. Pour the coconut milk into a medium-sized saucepan. Stir in the curry paste mixture and place over medium heat. Bring to a simmer and cook for about 5 minutes or until a thin layer of yellow oil begins to form on the surface of the sauce.
3. Stir in 2 cups of the water, the shallots, sugar, and fish sauce. Return the sauce to a simmer and let cook 30 minutes, stirring occasionally and adding additional water if necessary.

4. Meanwhile, soak the noodles in hot water for 10 minutes or until soft.
5. To serve, mound the noodles into serving bowls. Top the noodles with the sliced egg, tofu, and bean sprouts. Ladle some of the curry sauce over top. Sprinkle with green onion slices and chopped cilantro.

## **Serves 2 as a main course or 4 as an appetizer.**

The combination of ingredients in this dish create a curry that is a bit spicy but has definite sweet overtones.

### **Broccoli Noodles with Garlic and Soy**

*1 pound broccoli, trimmed into bite-sized florets*

*16 ounces rice noodles*

*1–2 tablespoons vegetable oil*

*2 cloves garlic, minced*

*2 tablespoons soy sauce*

*1 tablespoon sweet soy sauce*

*1 tablespoon sugar*

*Hot sauce*

*Fish sauce*

*Lime wedges*

1. Bring a pot of water to boil over high heat. Drop in the broccoli and blanch until tender-crisp or to your liking. Drain and set aside.
2. Soak the rice noodles in hot water until soft, about 10 minutes.
3. In a large sauté pan, heat the vegetable oil on medium. Add the garlic and stir-fry until golden. Add the soy sauces and the sugar, stirring until the sugar has completely dissolved.
4. Add the reserved noodles, tossing until well coated with the sauce. Add the broccoli and toss to coat.
5. Serve immediately with hot sauce, fish sauce, and lime wedges on the side.

## **Serves 2–4**

Try substituting other sturdy green vegetables such as asparagus, quartered Brussels sprouts, or green beans.



## Rice Dishes

[Basic White Rice](#)  
[Basic Sticky Rice](#)  
[Sweet-Spiced Fried Rice](#)  
[Fried Rice with Pineapple and Shrimp](#)  
[Vegetarian Fried Rice](#)  
[Chicken Fried Rice](#)  
[Far East Fried Rice](#)  
[Fried Rice with Tomatoes](#)  
[Fried Rice with Chinese Olives](#)  
[Ginger Rice](#)  
[Curried Rice](#)  
[Lemon Rice](#)  
[Dill Rice](#)  
[Fragrant White Rice](#)  
[Shrimp Rice](#)  
[Flavorful Steamed Rice](#)  
[Fragrant Brown Rice](#)

## **Basic White Rice**

*1 cup long-grain rice (such as Jasmine)  
2 cups water*

1. Place the rice in a colander and run under cool water.\*
2. Place the rice and the water in a medium-sized pot. Stir briefly. Bring to a rolling boil over medium-high heat. Reduce heat to low, cover, and simmer for 18 to 20 minutes.
3. Remove the rice from the heat, keeping it covered, and let it rest for at least 10 minutes.
4. Fluff the rice just before serving.

\* Washing rice is completely optional. By rinsing the rice, you remove some of the starch. The end result will be slightly whiter rice, but rice with a little less nutritional value.



## Can I Use a Cooking Liquid Other Than Water?

*Traditionally, Thai meals call for white rice that has been steamed in water. However, rice is terrific when a low-salt stock such as chicken or vegetable is used in place of the water. Another flavorful liquid substitution is a combination of half water and half coconut milk.*

## Serves 2–4

If you take only one thing away from this book, it should be how to make great rice from scratch. No parboiled, precooked, or dehydrated rice would ever find its way into a true Thai cook's kitchen.

### Basic Sticky Rice

*1 cup glutinous rice*

*Water*

1. Place the rice in a bowl, completely cover it with water, and let soak overnight. Drain before using.
2. Line a steamer basket or colander with moistened cheesecloth. (This prevents the grains of rice from falling through the holes in the colander.)
3. Spread the rice over the cheesecloth as evenly as you can.
4. Bring a pan of water with a cover to a rolling boil. Place the basket over the boiling water, making sure that the bottom of it does not touch the water. Cover tightly and let steam for 25 minutes.



### Sticky Rice Varieties

*Sticky rice comes in white, red, and black varieties. If you choose either red or black, you will need to increase the steaming time to at least 1 hour.*

## Serves 2–4

Sticky rice takes a little more practice to master (well, at least it did for me), but this, too, is a staple in the Thai kitchen. Take the time to get it right and don't get upset if it takes you a few tries to get it exactly right.

### Sweet-Spiced Fried Rice

*1½ cups long-grained rice (such as Jasmine)  
3 tablespoons vegetable oil ½ onion, sliced into rings  
1 (1-inch) cinnamon stick  
1 bay leaf  
3 cloves  
½ teaspoon mace  
1 tablespoon brown sugar  
Salt  
2¼ cups water*

1. Soak the rice in cold water for 20 minutes.
2. Meanwhile, heat the oil in a medium-sized pot over medium heat. Add the onions and sauté until golden, approximately 10 to 15 minutes.
3. Add the spices and sauté for an additional 2 minutes. Sprinkle the brown sugar over the onion mixture and caramelize for 1 to 2 minutes, stirring constantly. Add the rice and sautée for an additional 3 minutes, stirring constantly.
4. Add the salt and the water to the pot and bring to a boil. Reduce heat, cover, and simmer until the rice is tender, approximately 10 to 15 minutes.
5. Remove the cinnamon stick and cloves before serving.



## Rice Nutrition

*Rice's nutritional value is dependent on its processing method, not just its variety. Modern polishing methods, which produce gleaming white kernels, remove most of the minerals and vitamins, leaving only carbohydrates. More traditional polishing methods retain vitamins A, B, C, D, and E and protease inhibitors, which are all cancer retardants.*

## **Makes approx. 4 cups**

Although sweet spiced, this is still a savory side dish, great alongside grilled meat or fish.

### **Fried Rice with Pineapple and Shrimp**

*1 ripe whole pineapple  
4 tablespoons vegetable oil  
 $\frac{1}{3}$  cup finely chopped onion  
2 garlic cloves, finely minced 10 ounces peeled shrimp, deveined and cut into  $\frac{1}{2}$ -inch pieces  
 $\frac{1}{2}$  teaspoon turmeric  
 $\frac{1}{2}$  teaspoon curry powder  
 $\frac{1}{2}$  teaspoon shrimp paste  
2 $\frac{1}{4}$  cups day-old, cooked Jasmine or other long grained rice  
Salt to taste  
Sugar to taste*

1. To prepare the pineapple, cut it in half lengthwise, leaving the leaves intact on 1 side. Scoop out the pineapple flesh of both halves, leaving a  $\frac{1}{2}$ -inch edge on the half with the leaves. Reserve the hollowed-out half to use as a serving bowl. Dice the pineapple fruit and set aside.
2. Preheat the oven to 350 degrees.
3. In a wok or heavy sauté pan, heat the oil on medium. Add the onion and garlic, and sauté until the onion is translucent. Using a slotted spoon, remove the onions and garlic from the wok and set aside.
4. Add the shrimp and sauté approximately 1 minute; remove and set aside.
5. Add the turmeric, curry powder, and shrimp paste to the wok; stir-fry briefly. Add the rice and stir-fry for 2 to 3 minutes. Add the pineapple

and continue to cook. Add the reserved shrimp, onions, and garlic. Season to taste with salt and sugar.

6. Mound the fried rice into the pineapple “serving bowl.” Place the pineapple on a baking sheet and bake for approximately 10 minutes. Serve immediately.

## Serves 2–4

This dish makes a great presentation and the fruit and spices complements the shrimp perfectly. Make some extra — this dish reheats in a microwave perfectly, as do almost all fried rice dishes.

### Vegetarian Fried Rice

*3 tablespoons vegetable oil, divided  
3 cups day-old long-grained rice  
½ cup finely diced onion  
2 garlic cloves, finely chopped  
1 tablespoon finely chopped fresh gingerroot  
2 red chili peppers, seeded, veined, and thinly sliced  
4 scallions, sliced  
7 ounces green beans, trimmed and cut into 1-inch pieces  
2 medium carrots, peeled and julienned into 1-inch pieces  
2 stalks of celery, sliced  
½ cup vegetable stock  
9 ounces tomatoes, peeled, seeded, and diced  
2 tablespoons vegetarian “oyster” sauce  
3 tablespoons soy sauce  
½ teaspoon ground turmeric  
Salt and freshly ground pepper to taste  
Grated zest and juice of ½ of a lime  
½ teaspoon brown sugar*

1. In a wok or large sauté pan, heat 2 tablespoons of the vegetable oil over medium-high heat. Add the rice and stir-fry for 2 to 3 minutes. Remove the rice from the wok and set aside.
2. Add the remaining tablespoon of oil to the wok. Add the onion, garlic, and ginger; sauté for 1 minute.

3. Add the chilies, scallions, green beans, carrots, and celery; stir-fry for 3 minutes.
4. Add the stock and bring to a boil; reduce heat and simmer for 5 minutes.
5. Add the tomatoes and simmer for an additional 2 minutes.
6. Add the “oyster” and soy sauces and turmeric. Season to taste with salt and pepper.
7. Stir in the lime zest, lime juice, brown sugar, and rice. Mix until combined.

## Serves 4–6

Yes, this fried rice is vegetarian, but it's certainly not boring. It's chock full of flavorful veggies and gets a flavor boost from both lime juice and brown sugar, ingredients not too common in fried rice.

### Chicken Fried Rice

*1 tablespoon vegetable oil  
1 tablespoon minced garlic  
1 tablespoon minced ginger  
1 medium onion, sliced  
½ medium head Chinese cabbage, coarsely chopped  
3 cups cooked long-grain white rice  
¼ cup fish sauce  
¼ cup dry sherry  
¼ cup chicken stock  
1 cup snow peas, trimmed and cut into bite-sized pieces  
1 cup shredded, cooked chicken  
2 eggs, beaten*

1. In a large skillet or wok, heat the oil over medium-low heat. Add the garlic, ginger, and onion, and stir-fry for 5 minutes or until the onion becomes translucent.
2. Add the cabbage, increase the heat to medium, and stir-fry for 10 minutes.
3. Add the rice and stir-fry for 2 minutes.
4. Combine the fish sauce, sherry, and stock in a small bowl; add to the wok and stir to combine.
5. Add the snow peas and chicken; stir-fry for 2 minutes more.

6. Move the rice to the sides of the wok, forming a hole in the middle. Pour the eggs into the hole and cook for about 1 minute, stirring the eggs with a fork. Fold the cooked eggs into the fried rice.



### Serving Rice

*In Southeast Asia, baskets are lined with banana leaves or lettuce and used as serving dishes for rice.*

## Serves 4–6

Chicken and rice, comfort foods the world over, are combined here in a great tasting entrée. Cabbage and snow peas give the dish a little crunch and the aromatic garlic, ginger, and onion embolden the flavor.

### Far East Fried Rice

*2 tablespoons fish sauce  
1½ tablespoons rice vinegar  
2 tablespoons sugar  
2½ tablespoons vegetable oil  
2 eggs, beaten  
1 bunch green onions, trimmed and thinly sliced  
2 tablespoons minced garlic  
1 teaspoon dried red chili pepper flakes  
2 large carrots, peeled and coarsely shredded  
2 cups bean sprouts, trimmed if necessary  
5 cups day-old long-grain white rice, clumps broken up  
¼ cup chopped mint or cilantro leaves  
¼ cup roasted peanuts, chopped*

1. Combine the fish sauce, rice vinegar, and sugar in a small bowl; set aside.
2. In a wok or large skillet, heat the oil over medium-high heat. Add the eggs and stir-fry until scrambled.
3. Add the green onions, garlic, and pepper flakes and continue to stir-fry for 15 seconds or until fragrant.
4. Add the carrots and bean sprouts; stir-fry until the carrots begin to soften, about 2 minutes.
5. Add the rice and cook for 2 to 3 minutes or until heated through.

6. Stir in the fish sauce mixture and add the fried rice, tossing until evenly coated.
7. To serve, garnish the rice with chopped mint, or cilantro, and chopped peanuts.

## Serves 4–6

This fried rice dish uses fish sauce, rice vinegar, and red pepper flakes to add spark. The recipe does not call for any meat, but if you have any left over by all means use it here!

### Fried Rice with Tomatoes

*3 tablespoons vegetable oil*

*1 whole boneless, skinless chicken breast, cut into bitesized pieces*

*1 clove garlic, minced*

*1 medium onion, slivered*

*2 eggs*

*4 cups cooked rice*

*1 tomato, cut into 8–10 wedges*

*1 green onion, trimmed and sliced*

*2 teaspoons soy sauce*

*1 teaspoon fish sauce*

*1 teaspoon sugar*

*1 teaspoon ground white pepper*

1. In a large skillet or wok, heat the vegetable oil on medium-high. Add the chicken pieces and the garlic, and stir-fry 1 minute.
2. Add the onion and continue to stir-fry for an additional minute.
3. Break in the eggs, mixing well.
4. Stir in all the remaining ingredients; stir-fry for 2 more minutes.
5. Serve immediately.



### Storing Cooked Rice

*Cooked rice is very susceptible to spoilage. It should not be left at room temperature longer than it needs to be for serving, and should not be stored in the fridge for more than 3 days (in an airtight container). Rice can also be frozen in an airtight container for up to 6 months.*

## Serves 2–4

You don't see tomatoes used very often in Thai cooking, so they are definitely a surprise in this fried rice recipe. I like the color and the flavor they add to an otherwise basic dish.

### Fried Rice with Chinese Olives

*3 tablespoons vegetable oil  
3 cloves garlic, minced  
½ cup ground pork or chicken  
10 Chinese olives, pitted and chopped  
3 cups day-old cooked rice Fish sauce (optional)  
Cucumber slices  
Lime wedges  
Chopped cilantro  
Hot sauce*

1. Heat the oil in a wok or large skillet on medium. Add the garlic and stir-fry briefly. Add the pork and olives. Stir-fry until the pork is cooked through and any juices that have accumulated have cooked off.
2. Add the rice, breaking up any clumps, and stir-fry until the rice is hot. Adjust the saltiness with a bit of fish sauce if necessary.
3. Serve accompanied by cucumber slices, lime wedges, chopped cilantro, and hot sauce.



#### Cilantro

*It is a proven fact that some people cannot stand the taste of cilantro—it is like an allergy of the tastebuds! If you or someone you're cooking for falls*

*into this category, fresh parsley makes an acceptableo—if not dullo—substitute.*

## Serves 2–3

Here's another ingredient you probably don't associate with Asian food — olives. Chinese olives are rather small and quite salty. They aren't the easiest thing to find: check a local Asian market.

### Ginger Rice

*2 tablespoons vegetable oil*

*1 (½-inch) piece of gingerroot, peeled and thinly sliced*

*1 stalk lemongrass, sliced into rings (tender inner portion only)*

*2—3 green onions, sliced into rings*

*1 red chili pepper, seeded and minced*

*1½ cups long-grained rice*

*Pinch of brown sugar*

*Pinch of salt*

*Juice of ½ lime*

*2¾ cups water*

1. In a medium-sized pot, heat the oil over medium heat. Add the gingerroot, lemongrass, green onions, and chili pepper; sauté for 2 to 3 minutes.
2. Add the rice, brown sugar, salt, and lime juice, and continue to sauté for an additional 2 minutes. Add the water to the pot and bring to a boil.
3. Reduce the heat, cover with a tight-fitting lid, and simmer for 15 to 20 minutes, until the liquid is absorbed.



**Do Not Disturb**

*As a general rule, do not stir simmering rice — as it causes the grains to break, resulting in a gummy end product.*

## Serves 4–6

It may take a few extra minutes to prep the flavoring agents in this rice side dish, but it's well worth the effort. I like it so much that sometimes I eat the leftovers for lunch without anything else

### Curried Rice

*2 tablespoons vegetable oil  
½ cup finely chopped onion  
1½ cups long-grained rice  
1 teaspoon curry powder  
2¾ cups vegetable stock  
Salt to taste  
¼ cup golden raisins (regular raisins can be substituted)  
2 teaspoons Mango Chutney (see recipe on page 274)*

1. In a medium-sized pot, heat the oil over medium heat. Add the onions and sautée for 2 minutes, until the onions are soft but not browned.
2. Add the rice and continue to sautée for an additional 2 minutes. Add the curry powder and sauté for 1 more minute.
3. Pour in the vegetable stock and season with salt. Bring to a boil, then reduce heat and cover. Simmer the rice for 15 to 20 minutes, stirring occasionally.
4. Add the raisins and the chutney. Continue to simmer for an additional 5 minutes or until tender.



### Chutney Convenience

*Chutneys are one of those few blessings that are almost better in preserved jar form. However, a good jarred chutney can be pricey, and it isn't so hard to make!*

## Serves 4–6

This rice dish shines with the flavors of India. Curry powder, golden raisins, and mango chutney give the rice a slightly sweet, slightly spicy taste that works really well with grilled chicken.

### Lemon Rice

*1½ cups water Pinch of salt  
1 cup basmati rice, soaked in cold water for 30 minutes  
½ teaspoon turmeric  
1 tablespoon vegetable oil  
1 green chili pepper, seeded and minced  
¼ cup cashew nuts, soaked in cold water for 5 minutes  
¼ teaspoon mustard seed  
8 fresh curry leaves  
Juice of ½ lemon*

1. In a medium-sized pan, bring the water to a boil. Add the salt, rice, and turmeric; reduce heat, cover, and simmer for 10 minutes. (At the end of the 10 minutes, the rice will have absorbed all of the liquid.) Remove from heat and let cool.
2. In a wok, heat the oil and stir-fry the chili pepper. Add the nuts, mustard seed, and curry leaves; continue to cook for an additional 30 seconds. Stir in the lemon juice. Add the cooled rice to the wok and toss until heated.



### Chili Safety

*The oils in chilies are very caustic. Wear gloves while you work with them and make sure not to touch your eyes.*

## **Serves 2–4**

Fresh curry leaves add a delightful flavor and aroma to this dish. The leaves are edible, but you will be chewing for a long time if you try.

### **Dill Rice**

*2 tablespoons vegetable oil  
2 green cardamom pods  
4 tablespoons chopped fresh dill  
1 cup long-grained rice (such as Jasmine)  
1 green chili pepper, seeded and minced  
Salt  
1½ cups water*

1. In a medium-sized pot, heat the vegetable oil over medium heat. Add the cardamom pods and sauté for 1 minute. Add the chili and sautée briefly. Stir in the salt and the dill and cook for an additional 2 to 3 minutes. Add the rice and sauté for 3 more minutes.
2. Stir in the water and bring the mixture to a boil. Reduce heat, cover, and simmer for 20 to 25 minutes or until the liquid has been absorbed.
3. Remove the cardamom pods and fluff the rice before serving.

## Serves 2–4

I like to add fresh dill to everything, especially when it's growing like a weed in my garden. I throw it in soups, tuna or chicken salad, or use it as a green in a tossed salad.

### Fragrant White Rice

*2 tablespoons vegetable oil*

*10 fresh curry leaves*

*1 stalk lemongrass, cut into thin rings (inner tender portion only)*

*Zest of ½ kaffir lime*

*2 mace blades*

*6 cloves*

*2½ cups Jasmine rice*

*1¾ cups water*

*1¼ cups coconut milk*

*Salt and freshly ground pepper to taste*

1. In a medium-large saucepan, heat the oil on medium. Add the curry leaves and sauté. until you can begin to smell the aroma. Add the lime zest and the remaining spices and sauté. for an additional 2 to 3 minutes, stirring constantly.
2. Add the rice to the pot and stir to combine with the spice mixture. Add the water, coconut milk, and salt and pepper. Bring to a boil; reduce heat, cover, and simmer for 15 to 20 minutes or until the liquids have been absorbed. Adjust seasoning.

## Serves 6–8

Fresh aromatic herbs and spices flavor this sublime side dish. The rice is cooked in a combination of coconut milk and water, which gives it a richer consistency than if it were only cooked with water.

### Shrimp Rice

*5 tablespoons dried shrimp, soaked in cold water for 10 minutes*

*2 red chili peppers, seeded, veined, and finely minced*

*1 medium to large onion, finely chopped*

*2 cloves garlic, finely chopped*

*5 tablespoons vegetable oil*

*4 tablespoons fish sauce*

*1 tablespoon lime juice*

*Salt to taste*

*1 ¾ cups long-grained rice*

*1 stalk lemongrass, halved and crushed (inner white portion only)*

*1 quart water*

1. Make a shrimp paste by combining the dried shrimp, chili peppers, onion, and garlic in a blender or food processor and processing until smooth.
2. In a medium-sized saucepan, warm the oil over medium heat. Add the shrimp paste and cook for 3 to 4 minutes, stirring constantly.
3. Add the fish sauce, lime juice, and salt to the paste and stir until well blended; set aside.
4. Pour the rice into a large pot and place the lemongrass on top. Add the water and bring to a boil; reduce heat, cover, and simmer for 15 minutes.

5. Remove the lemongrass stalk and stir in the shrimp paste. Continue cooking for 5 to 10 minutes or until the rice is done.

## Serves 4–6

This is not shrimp fried rice, but rather shrimp-flavored rice. In fact, there are no fresh shrimp in it at all. The rice gets its shrimp overtones from the combination of dried shrimp and fish sauce.

### Flavorful Steamed Rice

*¾ cup long-grained rice  
2 cloves garlic, minced  
1 teaspoon salt  
¼ cup chicken or vegetable broth  
1 tablespoon minced gingerroot  
2 green onions, trimmed and thinly sliced  
2 teaspoons lime juice  
1 teaspoon fish sauce  
½ cup finely chopped cilantro*

1. Bring a pot of water to a rolling boil. Add the rice, let the water return to a boil, and cook for 10 minutes. Drain in a sieve, rinse, and set aside. (Leave the rice in the sieve.)
2. Add 1 inch of water to the pot and bring to a boil. Set the sieve over the boiling water, cover it with a clean kitchen towel and a lid, and let steam for about 20 minutes. (Check occasionally, adding more water if necessary.)
3. Mash together the garlic and the salt to form a paste.
4. In a large bowl, combine the garlic paste, broth, gingerroot, green onions, lime juice, and fish sauce.
5. Add the steamed rice and toss until well combined. Let cool to room temperature.

6. Stir the cilantro into the rice.

## Serves 2–4

This rice is prepared in a manner similar to that of glutinous or sticky rice, the result being a slightly softer, but not mushy, longgrained rice. The extra softening allows the flavoring agents to be better absorbed.

### Fragrant Brown Rice

*2 tablespoons vegetable oil*

*2 garlic cloves, minced*

*4 green onions, trimmed and thinly sliced*

*1½ stalks celery, trimmed and thinly sliced*

*1 medium carrot, peeled and julienned*

*2 red chili peppers, seeded and minced*

*1 tablespoon finely chopped gingerroot*

*1¾ cups brown rice (white rice can be substituted)*

*4½–5½ cups vegetable stock*

*1 kaffir lime leaf or 2 (2-inch-long, -½inch-wide) pieces of lime zest*

*1 tablespoon lime juice*

*Salt and freshly ground pepper to taste*

1. In a medium to large saucepan, heat the vegetable oil on medium. Add the garlic and green onions, and cook for 2 minutes. Add the celery, carrots, chilies, and ginger, and cook for an additional 2 minutes.
2. Add the rice and stir until well combined. Add half of the vegetable stock, the kaffir lime leaf, lime juice, and salt and pepper. Bring to a boil; reduce heat and simmer, uncovered, for 45 to 50 minutes, adding additional stock as needed.

## **Serves 4–6**

Just because this dish is extra healthy, that doesn't mean it doesn't taste terrific. Brown rice is more nutritious than white because the nutrientrich outer layer is not rubbed off in the polishing process.



## Desserts

[Sweet Sticky Rice](#)  
[Tropical Coconut Rice](#)  
[Sticky Rice with Coconut Cream Sauce](#)  
[Pineapple Rice](#)  
[Crispy Crepes with Fresh Fruit](#)  
[Tropical Fruit with Ginger Crème Anglaise](#)  
[Fresh Oranges in Rose Water](#)  
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[Coconut-Pineapple Soufflé for 2](#)  
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[Pineapple-Mango Sherbet](#)  
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[Taro Balls Poached in Coconut Milk](#)  
[Bananas Poached in Coconut Milk](#)  
[Tofu with Sweet Ginger](#)  
[Pumpkin Simmered in Coconut Milk](#)

## **Sweet Sticky Rice**

*1½ cups white glutinous rice  
1⅓ cups canned coconut milk  
½ cup granulated sugar  
½ teaspoon salt*

1. Place the rice in a bowl and add enough water to completely cover the rice. Soak for at least 4 hours or overnight. Drain.
2. Line a steamer basket with wet cheesecloth. Spread the rice evenly over the cheesecloth. Place the container over rapidly boiling water. Cover and steam until tender, about 25 minutes; set aside.

3. In a medium-sized saucepan, combine the coconut milk, sugar, and salt and heat on medium-high. Stir until the sugar is completely dissolved. Pour over the rice, stir to combine, and let rest for 30 minutes.
4. To serve, place in small bowls or on plates. Garnish with mangoes, papayas, or other tropical fruit.

## **Serves 6**

There is not much to this dessert, but it's delicious. I love the somewhat gelatinous quality this rice takes on. The rice is intended to be eaten alongside fresh fruits, but I think it's pretty tasty all by itself.

### **Tropical Coconut Rice**

*2 cups short-grained rice*

*2 cups water*

*1 cup coconut cream*

*1/4 cup toasted coconut (see "Toasted Coconut" on page 16)*

1. Put the rice, water, and coconut cream in a medium-sized saucepan and mix well. Bring to a boil over medium-high heat. Reduce heat and cover with a tight-fitting lid. Cook for 15 to 20 minutes or until all of the liquid has been absorbed.
2. Let the rice rest off the heat for 5 minutes.
3. Fluff the rice and stir in the toasted coconut and fruit.

## Serves 6–8

Coconut and rice are the most typical ingredients found in Thai desserts. This one calls for coconut, not only coconut in a semiliquid form but also toasted.

### Sticky Rice with Coconut Cream Sauce

*1 cup coconut cream*

*4 tablespoons sugar*

*1 teaspoon salt*

*4 ripe mangoes, thinly sliced (or other tropical fruits)*

*3 cups cooked Sweet Sticky Rice (see recipe on page 184)*

1. For the sauce, place the coconut cream, sugar, and salt in a small saucepan. Stir to combine and bring to a boil over medium-high heat. Reduce heat and simmer for 5 minutes.
2. To serve, arrange mango slices on each plate. Place a mound of rice next to the fruit. Top the rice with some of the sauce.



### Peeling, Pitting, and Slicing a Mango

*Cut the skin off the mango lengthwise on both sides and peel back the skin. Cut the flesh off the mango pit in long vertical strips. Slice or dice as desired.*

## Serves 6

Here the coconut is not cooked into the sticky rice, but makes its way into the sauce. Tropical fruit is served alongside.

### Pineapple Rice

*1 ripe pineapple*

*1/4 cup sugar*

*Pinch of salt*

*1/2 cup short-grained rice*

*Zest and juice of 1 lemon*

*2 teaspoons chopped crystallized ginger, divided*

*3 tablespoons roasted cashew nuts, chopped*

1. Cut the pineapple in half lengthwise, leaving the leaves intact on 1 side. Scoop out the pineapple flesh of both halves, leaving a ½-inch edge on the half with the leaves. Dice the pineapple fruit from 1 half and purée the fruit from the other half in a food processor along with the sugar and salt; set aside.
2. Strain the fruit purée through a fine-mesh sieve into a measuring cup. Add enough water to make 1¾ cups. Transfer to a small saucepan and bring to a boil over medium-high heat.
3. Rinse and drain the rice. Stir the rice into the pineapple purée. Stir in the lemon zest, lemon juice, and 1 teaspoon of the ginger. Bring to a boil; reduce heat, cover, and simmer until the liquid has been absorbed, about 20 minutes.
4. Mix the reserved pineapple cubes into the rice.
5. To serve, spoon the rice into the hollowed out pineapple that has the leaves. Garnish with the remaining ginger and the roasted cashews.



## Crystallized Ginger

*Crystallized ginger is small ginger pieces, usually about ½-inch dice, that has been simmered in syrup and then dried. The result is a slightly chewy, spicy-sweet candylike condiment. It can be found in specialty grocery stores.*

## Serves 4–6

As you have probably noticed, rice is used in every Thai meal — breakfast, lunch, and dinner.

### Crispy Crepes with Fresh Fruit

*1 package frozen puff pastry sheets, thawed according to package instructions*

*2 tablespoons confectioner's sugar, divided*

*2 cups raspberries, blueberries, or other fresh fruit, the best 12 berries reserved for garnish*

*1 cup heavy cream*

*¼ cup shredded, unsweetened coconut*

*1 tablespoon unflavored rum or coconut-flavored rum*

1. Preheat oven to 400 degrees.
2. Place the puff pastry sheet on a work surface and cut into 12 equalsized pieces. Place the pastry pieces on a baking sheet.
3. Bake the pastry approximately 10 minutes. Remove from the oven and use a sifter to shake a bit of the confectioner's sugar over the puff pastry. Return to the oven and continue baking for approximately 5 minutes or until golden. Place the puff pastry on a wire rack and let cool to room temperature.
4. Place the berries in a food processor and briefly process to form a rough purée.
5. Whip the cream with the remaining confectioner's sugar until thick, but not stiff. Stir in the coconut and the rum.
6. To serve, place 1 piece of puff pastry in the middle of each serving plate, spoon some cream over the pastry, and then top with some

purée. Place another pastry on top, garnish with some of the remaining berries, any leftover juice from the purée, and a sprinkle of confectioner's sugar.

## Tropical Fruit with Ginger Crème Anglaise

*(1-inch) pieces peeled gingerroot, slightly mashed*

*1 cup half-and-half*

*3 egg yolks*

*2 tablespoons sugar A variety of tropical fruits, sliced*

1. In a small heavy saucepan over medium-low heat, bring the ginger and the half-and-half to a slight simmer. Do not boil.
2. In the meantime, whisk together the eggs yolks and the sugar.
3. Slowly pour the hot half-and-half into the egg mixture, stirring constantly so that the eggs do not cook.
4. Pour the custard back into the saucepan and cook over medium-low heat, stirring constantly with a wooden spoon for 5 minutes or until slightly thickened.
5. Pour the crèmes anglaise through a mesh strainer into a clean bowl and let cool to room temperature.
6. Pour over slices of your favorite tropical fruits.



### Freezing Ginger

*Ginger freezes fantastically. However, you may want to peel it, cut it into 1-inch pieces, and then wrap it tightly before doing so.*

## **Yields 1½ cups**

Here I've taken a standard crème anglaise and infused it with fresh ginger, giving the sauce a slightly piquant flavor. This sauce is equally tasty over gingerbread or sponge cake.

### **Fresh Oranges in Rose Water**

*8 oranges*

*3 cups water*

*1½ cups sugar*

*4–6 teaspoons rose water*

1. Peel and segment the oranges. Place them in a bowl, cover, and set aside in the refrigerator.
2. In a saucepan, bring the water and the sugar to a boil over mediumhigh heat. Boil gently for 15 to 20 or until the mixture becomes syrupy. Remove from heat and stir in the rose water. Let cool to room temperature and then refrigerate.
3. To serve, place orange segments in individual dessert cups. Pour rose water syrup over the top.



### **Rose Water**

*Rose water is a subtle flavoring agent made from distilling the oil of rose petals. The oil is then infused into water. It can be found in specialty food shops.*

## Serves 6–8

This is one of the most refreshing desserts I know. The perfumy syrup can be made ahead and used to top almost any combination of citrus fruits, but don't be locked into just oranges.

### Banana Coconut Soup

*4 cups canned coconut milk*

*4 cups banana slices, plus extra for garnish*

*2 tablespoons minced gingerroot*

*1 cinnamon stick*

*1 tablespoon lemon juice*

*Salt to taste (see “Toasted Coconut” on page 16)*

1. 1. In a large saucepan, bring the coconut milk to a boil. Add the banana, ginger, cinnamon stick, lemon juice, and a pinch of salt. Reduce heat and simmer for 10 to 15 minutes or until the banana is very soft.
2. Remove the cinnamon stick and allow to cool slightly.
3. Using a handheld blender (or a blender or food processor), purée the soup until smooth.
4. Serve the soup in preheated bowls, garnished with banana slices and coconut.



### Thai Dessert Origins

*Many of the desserts in this chapter are not of pure Thai origin. Some are derived from traditional Portuguese recipes since they were the first Westerners to reach the area. Soon after, eggs became an important*

*ingredient in Thai desserts along with flour, sugar, fruit, and coconut ingredients which were already used extensively.*

## Serves 6–8

This is such an incredibly soothing soup. It reminds me of eating warm pudding, only it's a lot better!

### Lemongrass Custard

*2 stalks fresh lemongrass, finely chopped (tender inner portion only)*

*2 cups whole milk*

*6 egg yolks*

*½ cup sugar*

1. Preheat oven to 275 degrees.
2. In a medium-sized saucepan, over medium-high heat, bring the milk and the lemongrass to a boil. Reduce the heat and simmer for 5 minutes. Cover the milk mixture, turn off the heat, and let sit for 10 minutes on the burner.
3. In a mixing bowl, beat the egg yolks with the sugar until thick.
4. Strain the milk mixture through a fine-mesh sieve, then slowly pour it into the egg yolks, whisking constantly.
5. Divide the mixture between 6 small custard cups and place the cups in a high-sided baking or roasting pan. Add warm water to the pan so that it reaches to approximately 1 inch below the top of the custard cups. Cover the pan tightly with foil.
6. Place the pan in the oven and bake for approximately 20 minutes or until the custards are set on the sides but still slightly wobbly in the center.

## Serves 6

This is a standard custard that has simply been infused with lemongrass and it is nothing short of divine. It can be served warm or chilled.

### Coconut Custard

*1 (16-ounce) can coconut cream*

*¾ cup fine granulated sugar*

*6 large eggs, lightly beaten*

*3 tablespoons butter*

*Fresh tropical fruit (optional)*

1. In a large, heavy-bottomed saucepan, stir together the coconut cream and the sugar.
2. Over medium heat, cook and stir the mixture until the sugar is completely dissolved.
3. Reduce the heat to low and stir in the eggs. Cook, stirring occasionally, until the mixture is thick and coats the back of a spoon, about 10 to 12 minutes.
4. Remove the pan from the heat and add the butter. Stir until the butter is completely melted and incorporated.
5. Pour the custard into six 4-ounce custard cups. Place the cups in a baking pan. Pour boiling water into the baking pan until it comes halfway up the sides of the custard cups.
6. Carefully transfer the baking pan to a preheated 325-degree oven. Bake the custards for 30 to 40 minutes until set. (The tip of a knife should come out clean when inserted into the middle of the custard.)

7. Serve warm or at room temperature. Garnish with chopped tropical fruit, if desired.

## Serves 6

This coconut custard uses coconut milk in place of whole milk. Melted butter brings the fat content up to where it needs to be in order for the custards to set.

### Steamed Coconut Cakes

*5 eggs*

*4 tablespoons finely granulated sugar*

*½ cup rice flour*

*¼ cup all-purpose flour*

*Pinch of salt*

*½ cup coconut milk*

*½ cup grated sweet coconut*

1. In a large mixing bowl, beat the eggs and the sugar together until thick and pale in color.
2. Add the rice flours and salt.
3. Beating constantly, slowly pour in the coconut milk. Beat the batter for 3 more minutes.
4. Bring some water to boil in a steamer large enough to hold 10 small ramekins. When the water begins to boil, place the ramekins in the steamer to heat for 2 minutes.
5. Divide the shredded coconut evenly between all of the ramekins and use a spoon to compact it in the bottom of the cups.
6. Pour the batter evenly between the cups. Steam for 10 minutes.
7. Remove the cakes from the cups as soon as they are cool enough to handle.

8. Serve warm or at room temperature.

## **Yields 10 cakes**

The combination of flours gives these cakes a light, almost a soufflélike, quality. The shredded coconut forms a slightly chewy crust. They are quite tasty with warm chocolate sauce drizzled over the top.

### **Coconut-Pineapple Soufflé for 2**

*Softened butter for the molds*

*Sugar for the molds*

*½ cup (½-inch) cubes ladyfingers or sponge cake*

*2 tablespoons dark rum*

*2 tablespoons finely chopped fresh pineapple*

*1 egg yolk*

*2½ tablespoons grated sweetened coconut*

*2 egg whites*

*Lemon juice*

*2 tablespoons sugar*

1. Preheat oven to 400 degrees.
2. Butter 2-¾ or 1-cup soufflé molds and then sprinkle them with sugar. Refrigerate the molds until ready to use.
3. Place the ladyfinger cubes in a small bowl. Pour the rum over the cubes and let soak for 5 minutes.
4. Squeeze the juice from the pineapple, saving both the pulp and 1 tablespoon of the juice.
5. In a small bowl, beat the egg yolk with the pineapple juice until very thick. Fold in the cake cubes, pineapple pulp, and coconut.
6. In another small bowl, beat the egg whites with a few drops of lemon juice until foamy. Gradually add the 2 tablespoons of sugar, while

continuing to beat until the whites are stiff and glossy.

7. Gently fold the pineapple mixture into the egg whites.
8. Spoon the batter into the prepared molds and bake for 8 to 10 minutes or until puffy and lightly browned.

## **Yields 2**

The egg whites provide the lightness and the ladyfingers, the pineapple, and the coconut provide both the flavor and the texture in this wonderful dessert. Serve the soufflées with champagne by candlelight.

## **Mango Fool**

*2 ripe mangoes, peeled and flesh cut from the pits 2 tablespoons lime juice  
1/4 cup sugar  
1 cup heavy cream  
1 tablespoon confectioners' sugar  
Crystallized ginger (optional)  
Mint leaves (optional)*

1. Place the mangoes in a food processor with the lime juice and sugar. Purée until smooth.
2. In a large bowl beat the heavy cream with the confectioners' sugar until stiff.
3. Thoroughly fold the mango purée into the heavy cream.
4. Serve in goblets garnished with crystallized ginger or sprigs of mint, if desired.

## **Serves 4–6**

A fool is usually a combination of heavy whipped cream and a fruit purée. The fruit is just barely folded into the cream, leaving slight stripes. This grown-up “pudding” is simple, light, and a true delight.

### **Citrus Fool**

*½ cup orange, lime, or lemon juice  
3 tablespoons sugar  
3 tablespoons unsalted butter  
1 large egg, beaten  
2 (3-inch-long, ½-inch wide) strips of citrus zest, minced  
½ cup heavy cream*

1. Place the juice in a small saucepan. Over medium-high heat, reduce the liquid by half.
2. Remove the pan from the heat and stir in the sugar and butter. Stir in the egg until well combined.
3. Return the pan to the burner and cook on medium-low heat for 3 to 5 minutes or until bubbles just begin to form.
4. Remove the pan from the heat and stir in the citrus zest. Place the pan in a bowl of ice and stir the mixture until it is cold.
5. In another bowl, whip the cream until stiff. Fold the citrus mixture thoroughly into the cream.

## Serves 4

Make sure that you remove the pan from the heat source before you stir in the egg or it will scramble right before your eyes and the recipe will be ruined.

### Pineapple-Mango Sherbet

*1 large orange, peeled and segmented  
2 mangoes, peeled, pitted, and cut into 1-inch cubes  
1 cup pineapple pieces  
1 tablespoon lime zest  
 $\frac{1}{3}$  cup sugar  
 $\frac{1}{2}$  cup plain yogurt  
1 teaspoon orange-flavored liqueur (optional)*

1. Place the orange segments, mango cubes, and pineapple pieces on a baking sheet lined with waxed paper; place in the freezer for 30 to 45 minutes or until just frozen.
2. Transfer the fruit to a food processor. Add the lime zest and sugar, and process until well combined.
3. With the machine running, add the yogurt and liqueur. Process for an additional 3 minutes or until the mixture is fluffy.
4. Pour the mixture into an 8" × 8" pan, cover with foil, and freeze overnight.
5. To serve, let the sherbet temper at room temperature for 10 to 15 minutes, then scoop into glass dishes.



### Sherbet versus Sorbet

*Sherbet differs from sorbet in that the latter is dairy-free. In this sherbet the dairy is provided by plain yogurt, which adds creaminess and a bit of bite.*

## **Serves 4–6**

You can try different varieties of this same concept. How about Grapefruit-Papaya?

### **Mango Sauce over Ice Cream**

*2 mangoes, peeled, pitted, and diced*

*1 banana, peeled and chopped*

*¾ cup (or to taste) sugar*

*Juice of 2 large limes (or to taste)*

*1 tablespoon brandy (optional)*

*Vanilla ice cream*

1. In a medium-sized saucepan over low heat, simmer the mangoes, banana, sugar, and lime juice for 30 minutes, stirring frequently.
2. Add the brandy and simmer 5 more minutes.
3. Remove from heat and allow to cool slightly or to room temperature.
4. To serve, scoop ice cream into individual serving bowls. Spoon sauce over top.

## **Yields 2 cups**

This outstanding mango, banana, and lime sauce is great over ice cream, pound cake, or angel food cake. You might even try it spooned over some grilled fish!

## **Pumpkin Custard**

*1 small cooking pumpkin*

*5 eggs*

*½ cup brown sugar*

1. With a small sharp knife, carefully cut the top off of the pumpkin.
2. Using a spoon, remove and discard the seeds and most of the soft flesh; set the pumpkin aside.
3. In a medium-sized mixing bowl, whisk the eggs together. Stir in the brown sugar, salt, and coconut cream until well combined.
4. Pour the mixture into the pumpkin.
5. Place the pumpkin in a steamer and let steam for approximately 20 minutes or until the custard is set.

## Serves 4

This custard variation uses pumpkin, brown sugar, and coconut cream to create a rich, autumnal dessert. It is steamed right in the pumpkin shell, so not only does it taste delicious, it makes a great presentation, too.

## Watermelon Ice

*⅓ cup water*

*½ cup sugar*

*1 (3-pound) piece of watermelon, rind cut away, seeded, and cut into small chunks (reserve a bit for garnish if desired)*

*1 tablespoon lime juice*

*Mint sprigs (optional)*

1. Place the water and sugar in a small saucepan and bring to a boil. Remove from heat and allow to cool to room temperature, stirring frequently. Set the pan in a bowl of ice and continue to stir the syrup until cold.
2. Place the watermelon, syrup, and lime juice in a blender and purée until smooth.
3. Pour the purée through a sieve into a 9-inch baking pan. Cover the pan with foil.
4. Freeze the purée for 8 hours or until frozen.
5. To serve, scrape the frozen purée with the tines of a fork. Spoon the scrapings into pretty glass goblets and garnish with a small piece of watermelon or mint sprigs.

## Serves 6–8

An ice is just that — ice. In this case the ice comes mainly from a watermelon, not water. The result is a dessert that looks like pink snow, with a delicate taste that is sure to please on a hot, humid day.

### Taro Balls Poached in Coconut Milk

*2 cups glutinous rice flour  
1 cup corn flour  
1 cup cooked taro, mashed  
4 cups coconut milk  
1 cup brown sugar  
 $\frac{1}{8}$  teaspoon salt  
Fresh tropical fruit (optional)*

1. In a large mixing bowl, combine the rice and the flours.
2. Add the mashed taro and knead to form a soft dough.
3. Roll into small bite-sized balls and set aside.
4. In a medium to large saucepan, heat the coconut milk over low heat.
5. Add the brown sugar and the salt, stirring until dissolved.
6. Bring the mixture to a low boil and add the taro balls.
7. Poach the balls for 5 to 10 minutes or until done to your liking.
8. Serve hot in small glass bowls, garnished with tropical fruit.



#### What Is Taro?

*Taro is a large tropical plant, also known as “the elephant ear.” It has very large, broad leaves (hence the name) and a big, thick, starchy root. “Taro” in ingredients lists refers to the root. Taro is very similar to an Irish potato in texture and taste, but is healthier and easier to digest. Taro is a very important crop to many people living in tropical climates.*

## **Serves 6–12**

Here we have a dessert that is unfamiliar to most Americans. The balls have a texture unlike anything else I know, but are a little reminiscent of dumplings or a stiff pudding.

### **Bananas Poached in Coconut Milk**

*2–3 small, slightly green bananas*

*4 cups coconut milk*

*1 cup sugar*

*¼ teaspoon salt*

1. Peel the bananas and slice them in half lengthwise.
2. Pour the coconut milk into a pan large enough to hold the bananas laid flat in a single layer. Add the sugar and salt and bring to a boil.
3. Reduce the heat, add the bananas, and simmer until the bananas are just warmed through, about 3 to 5 minutes.
4. Serve the bananas warm on small plates garnished with fresh coconut and pineapple wedges.

## **Serves 2–3**

The sugar in this recipe makes for a really sweet dessert, and the Thai love it. If you would prefer to let the banana flavor stand more on its own, add less sugar.

### **Tofu with Sweet Ginger**

*3 cups water*

*1 (2- to 3-inch) piece of ginger, peeled and smashed with the back of a knife*

*½ cup brown sugar*

*1 12-ounce package soft tofu*

1. Place the water, ginger, and brown sugar in a small saucepan. Bring to a boil over high heat. Reduce the heat to a simmer and let the sauce cook for at least 10 minutes. (The longer you let the mixture cook, the spicier it will get.)
2. To serve, spoon some of the tofu into dessert bowls and pour some sauce over the top. (This sauce is equally good over plain yogurt.)

## **Yields 3 cups of sauce**

Soft tofu has the texture of a very thick yogurt. If you're lactose intolerant, it's the way to go. Plus it's high in protein and low in fat. Even the sugar content in this recipe is relatively low.

### **Pumpkin Simmered in Coconut Milk**

*1 cup water*

*½ teaspoon salt*

*⅔ cup brown sugar*

*2 cups fresh pumpkin meat cut into large julienned pieces (acorn squash is a good substitute)*

*½ cup coconut milk*

1. Put the water and the coconut milk in a medium-sized pan over low heat. Add the salt and half of the sugar; stir until well combined. Adjust the sweetness to your liking by add more water or sugar if necessary.
2. Add the julienned pumpkin to the pan and bring to a boil over medium heat. Reduce to a simmer and cook until soft, about 5 to 10 minutes depending on both the texture of the pumpkin and your own preference.
3. The pumpkin may be served hot, warm, or cold.

## **Serves 4**

The trick to this simple recipe is using a flavorful pumpkin. I've found that pumpkins straight from the patch are the best. They seem to be left on the vine longer, which allows their flavor to develop.



## Drinks and Teas

[Ginger Tea](#)

[Lemongrass Tea](#)

[Thai Limeade](#)

[Iced Sweet Tea](#)

[Thai Iced Tea](#)

[Super-Simple Thai Iced Tea](#)

[Fresh Coconut Juice](#)

[Thai-Inspired Singapore Sling](#)

[Tom's Thai "Martinis"](#)

[Tropical Fruit Cocktail](#)

[Mango Bellini](#)

[Royal Thai Kir](#)

## **Ginger Tea**

*8 cups water*

*1 large branch (approximately  
½ pound) of ginger, cut into long pieces  
½?¾ cup sugar*

1. Bring the water to a boil in a large pan. Add the ginger, reduce heat, and simmer for 10 to 20 minutes, depending on how strong you like your tea.
2. Remove the ginger and add the sugar to taste, stirring until it is completely dissolved.
3. Serve hot or over ice.

## **Yields 8 cups**

Although not really a tea, this ginger infusion is refreshing no matter what it's called.

### **Lemongrass Tea**

*8 cups water*

*1 cup lemongrass stalks, chopped*

*$\frac{1}{4}$ – $\frac{1}{3}$  cup sugar*

1. Bring the water to a boil in a large pan. Add the lemongrass, remove from heat, and let steep for 10 to 20 minutes, depending on how strong you like your tea.
2. Remove the lemongrass and add the sugar to taste, stirring until it is completely dissolved.
3. Serve hot or over ice.

## **Yields 8 cups**

Another infusion, this “tea” is light, flavorful, and oh-so Thai. A 50-50 mix of this tea with Ginger Tea is also great!

### **Thai Limeade**

*1 cup lime juice, lime rinds reserved*

*8 cups water*

*½–1½ cup sugar*

*Salt to taste (optional)*

1. Combine the lime juice and the sugar; set aside.
2. Bring the water to boil in a large pot. Add the lime rinds and remove from heat. Let steep for 10 to 15 minutes. Remove the lime rinds.
3. Add the lime juice mixture to the hot water, stirring to completely dissolve the sugar. Add salt if desired.
4. Serve over ice.

## **Yields 9 cups**

Do you remember Lemon Shakeups from the county fair? This is sort of the Thai version of a shakeup without the shaking!

### **Iced Sweet Tea**

*1 tablespoon sugar  
1 tablespoon sweetened condensed milk  
1–2 tablespoons Thai tea leaves  
1 cup hot water  
Ice  
1 teaspoon milk*

1. Put the sugar and sweetened condensed milk into a large glass.
2. Place the tea leaves into a tea ball and place it in the glass.
3. Add the hot water. Let steep until done to your preferred strength.
4. Stir to dissolve the sugar and sweetened condensed milk.
5. Add ice and top with milk.

## **Yields slightly more than 1 cup.**

Thai like their tea milky and super sweet. If you prefer your tea hot, reduce the sugar and sweetened condensed milk by half. And, of course, don't add the ice!

### **Thai Iced Tea**

*6 cups water*

*1 cup Thai tea leaves*

*1 cup sugar*

*Ice*

*1–1½ cups half-and-half*

1. Bring the water to boil in a medium-sized pot. Remove from heat and add the tea leaves, pushing them into the water until they are completely submerged. Steep approximately 5 minutes or until the liquid is a bright orange.
2. Strain through a fine-mesh sieve or coffee strainer.
3. Stir in the sugar until completely dissolved.
4. Allow the tea to reach room temperature and then refrigerate.
5. To serve, pour the tea over ice cubes, leaving room at the top of the glass to pour in 3 to 4 tablespoons of half-and-half; stir briefly to combine.

## **Yields approx. 8 cups**

Similar to the previous recipe but without the condensed milk, this tea is slightly less rich, but certainly no less sweet.

### **Super-Simple Thai Iced Tea**

*2 tablespoons sugar*

*1–2 tablespoons Thai tea leaves*

*1 cup hot water*

*Ice*

1. Put the sugar into a large glass.
2. Place the tea leaves in a tea ball and place it in the glass.
3. Add the hot water. Let steep until done to your preferred strength.
4. Stir to dissolve the sugar and add ice.

## **Yields approx. 1 cup**

After you have become addicted to tea Thai-style but you are rushing to that morning meeting, here is the brew for you. Add milk or condensed milk if you like.

### **Fresh Coconut Juice**

*1 young coconut*

*Ice*

*Sprig of mint for garnish*

1. Using a meat cleaver, make a V-shaped slice on the top of the coconut.
2. Pour the juice over a glass of ice.
3. Garnish with a mint sprig.

## **Serves 1–2 depending on the size of the coconut.**

Exactly what the recipe title says, this recipe calls for whacking open a coconut and drinking the juice. Remember Gilligan's Island?

### **Thai-Inspired Singapore Sling**

*2 tablespoons whiskey  
1 tablespoon cherry brandy  
1 tablespoon orange liqueur  
1 tablespoon lime juice  
1 teaspoon brown sugar  
Dash of bitters  
 $\frac{1}{4}$ – $\frac{1}{3}$  cup pineapple juice Mint sprig (optional)*

1. Place all of the ingredients into a cocktail shaker and shake well to combine.
2. Serve over crushed ice and garnish with a sprig of mint if desired.



### **Pass on the Wine**

*Beer is the most popular alcoholic beverage served with Thai food. Three brands are domestically brewed—Singha, Amarit, and Kloster. In each case, the barley is homegrown, but the hops come from Germany.*

## **Yields 1 cocktail**

Created in 1915 by a Raffles Hotel bartender, the Singapore Sling was originally meant to be a woman's drink. Nowadays, no trip to Singapore, is complete without sipping this classic at Raffles's famous Long Bar.

### **Tom's Thai “Martinis”**

*1 whole ripe pineapple*

*1 bottle dark rum*

*1 bottle light rum*

*1 bottle coconut rum*

*3 stalks lemongrass, trimmed, cut into 3-inch lengths and tied in a bundle*

1. Remove the pineapple greens and then quarter the remaining fruit.  
Place the pineapple quarters and the lemongrass bundle in a container large enough to hold all of the liquor.
2. Pour the rums over the fruit and stir to combine. Cover the container and let infuse for at least 1 week at room temperature.
3. Remove the lemongrass bundle and discard.
4. Remove the pineapple quarters and cut into slices for garnish.
5. To serve, pour some of the rum into a martini shaker filled with ice; shake well. Pour into martini glasses and garnish with a pineapple slice.



### **What Not to Eat**

*Lime leaves, lemongrass, and Siamese ginger are all great flavoring agents, but they are really difficult to chew. Don't eat them.*

## **Yields 3 quarts**

This is my brother's favorite cocktail to serve at his pool parties. If desired, you can easily reduce this recipe by using a third of a bottle of each rum, a third of a pineapple, and 1 stalk of lemongrass.

### **Tropical Fruit Cocktail**

*1 small mango, papaya, banana, or other tropical fruit, peeled and roughly chopped (reserve a bit for garnish if desired)*

*4 tablespoons lime or lemon juice*

*1 teaspoon grated ginger*

*1 tablespoon brown sugar*

*1/2 cups orange or grapefruit juice*

*1/2 cups pineapple juice*

*1/3–1/2 cup (or to taste) rum*

1. Place the chopped fruit, lime juice, ginger, and sugar in a blender and process until smooth.
2. Add the remaining ingredients to the blender and process until well combined.
3. To serve, pour over crushed ice and decorate with fruit slices of your choice.

## **Yields 3–4 cups**

When you think of fruit cocktail, you probably think of either the canned fruit you ate as a child or some kiddie cocktail. Well, this is neither. It is sophisticated, not too sweet, and very adult thanks to the rum.

### **Mango Bellini**

*2 tablespoons puréed mango*

*1 teaspoon mango schnapps*

*(optional)*

*½ teaspoon lemon juice*

*Chilled champagne*

Place the mango purée, mango schnapps, and lemon juice in a champagne flute. Fill the flute with champagne and stir.

## **Yields 1 glass**

Similar to the Royal Thai Kir, this Mango Bellini is a bit fruitier. The lemon juice helps to balance the fruit. Whichever cocktail you choose, you can't go wrong with a combination of mango and champagne!

### **Royal Thai Kir**

*1–2 teaspoons crème de mango or mango schnapps*

*Chilled dry champagne*

Pour the crème into a champagne flute and fill with champagne.



### **Wine Choices**

*Pairing wine with Thai food is not an easy endeavor because of the complexity of flavors that appear in a single dish. Sparkling wine or champagne act to quell a bit of the fire. (As does a cold glass of beer!) Slightly chilled Alsatian-style Rieslings, Pinot Gris, and Pinot Blanc can also do the trick. If you are absolutely set on drinking red, please do. Try a full-flavored, yet fruity, wine such as a Zinfandel. Or if you want a cold glass of red, chill a bottle of Beaujolais. Its low tannins help offset the heat of the chilies.*

## **Yields 1 glass**

In Paris, I was introduced to a cocktail that still remains a favorite, a Kir Royal. This is my Thai version, in toast to my wonderful friends in France, who forever changed my outlook on foodand wine. Merci!



## Thai-Inspired Cooking

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## **Asian Carrot Sticks**

*1 pound thin carrots, peeled and cut into quarters lengthwise  
4 tablespoons water  
4 tablespoons olive oil  
2 cloves garlic, minced*

*2 tablespoons rice vinegar*

*⅛–¼ teaspoon cayenne pepper*

*½–½ teaspoons paprika*

*½–1 teaspoon Chinese 5-spice powder*

*3 tablespoons chopped cilantro*

*Salt and pepper to taste*

1. 1. Place the carrots in a pan large enough to hold them comfortably.
2. Cover the carrots with water and bring to a boil over high heat. Drain the carrots and return them to the pan.
3. Add the 4 tablespoons of water, the olive oil, and the garlic; bring to a boil, reduce to a simmer, and cook until just tender. Drain.
4. In a small bowl, stir together remaining ingredients; pour over the carrots, tossing to coat.
5. Season to taste with salt and pepper.
6. The carrots may be eaten immediately, but develop a richer flavor if allowed to marinate for a few hours.

## Serves 4–6

Dinner parties at Tim and John's are always special. From Italian Summer Solstice parties to Chinese New Year's celebrations, they always do it up. I adjusted this recipe of theirs to give it a bit of a Thai taste.

### Spicy Shrimp Dip

*5 tablespoons butter*

*1 tablespoon minced chives*

*½ teaspoon salt*

*½ serrano chili, seeded and minced*

*½ teaspoon grated lemon zest*

*8 ounces shrimp, cleaned and chopped*

*Salt and freshly ground black pepper to taste*

1. In a medium-sized sauté pan, melt the butter over medium heat. Stir in the chives, salt, chili pepper, and lemon zest; sauté for 2 minutes.
2. Reduce the heat to low and add the shrimp; sauté for 3 minutes or until opaque.
3. Transfer the mixture to a food processor and coarsely purée. Season with salt and pepper.
4. Firmly pack the purée into a small bowl. Cover with plastic wrap, and refrigerate for 4 hours or overnight.
5. To serve, remove the shrimp dip from the refrigerator and allow it to sit for 5 to 10 minutes. Serve the dip with an assortment of crackers and toast points or some favorite veggies.

## **Yields approx. 1 cup**

There is no filler in this dip. It's shrimp, shrimp, and more shrimp. The butter binds it together and the rest of the ingredients give the shrimp a little zip.

### **Cream of Coconut Crabmeat Dip**

*¾ cup cream of coconut*

*1¼ pounds (10 ounces) crabmeat, picked over to remove shell pieces*

*¼ teaspoon salt 2 green onions, trimmed and thinly sliced*

*2 tablespoons chopped cilantro*

*1 tablespoon lemon or lime juice*

*1 jalapeño, seeded and minced*

*Ground white pepper to taste*

1. 1. In a small saucepan, combine the cream of coconut, crabmeat, and salt; bring to a simmer over medium-low heat. Simmer for 5 minutes.
2. Stir in the green onions, cilantro, lemon juice, jalapeño, and pepper. Pour into a serving dish and let stand at room temperature until cool.
3. Serve with fresh vegetables and crackers.

## **Yields approx. 2 cups**

In this knockoff of a typical crab dip, the coconut cream is essentially a substitute for mayonnaise. It is a bit sweet, but not overwhelmingly so, and the jalapeño adds a nice contrast to the coconut.

## **Marinated Mushrooms**

*¾ cup olive oil*

*½ cup water*

*¼ cup rice wine vinegar*

*Juice of 1 lime*

*3 cloves garlic*

*1 whole serrano or jalapeño pepper*

*2 stalks lemongrass*

*3 (½-inch) pieces gingerroot*

*1½ pounds whole small white mushrooms*

1. Place all of the ingredients except the mushrooms in a large pot; bring to a boil, reduce heat, and simmer for 10 to 15 minutes.
2. Add the mushrooms to the pot, stirring to coat.
3. Remove the pot from the heat and let cool to room temperature, about 1 hour.
4. Refrigerate for at least 2 hours, preferably overnight.

## Makes 25–35

mushrooms I'm warning you, these marinated mushrooms are addictive. Serve them as part of a Thai antipasto, as a side dish for grilled meats, or as a super snack.

### Thai-Spiced Guacamole

*2 ripe avocados, pitted and chopped  
4 teaspoons lime juice  
1 large plum tomato, seeded and chopped  
1 tablespoon chopped onion  
1 small garlic clove, minced  
1 teaspoon grated lime zest  
1 teaspoon grated gingerroot  
1 teaspoon chopped serrano or jalapeño chili  
1–2 tablespoons chopped cilantro  
Salt and freshly ground black pepper to taste*

1. Place the avocado in a medium-sized bowl. Add the lemon juice and coarsely mash.
2. Add the remaining ingredients and gently mix together.
3. Serve within 2 hours.



### Thai Mexican Similarities

*If you look through a Mexican cookbook, you'll find many typical Mexican ingredients that are also Thai staples — lime juice, chilies, cilantro, garlic, and onion.*

## **Yields 2 cups**

This recipe is a great example of how lime zest and ginger can give a Mexican favorite a Southeast Asian twist. Try serving the guacamole with some rice chips alongside the tortillas chips.

## **Asian-Inspired Chicken and Wild Rice Soup**

*1 tablespoon vegetable oil  
2 whole boneless, skinless chicken breasts, trimmed and cut into thin strips  
1–2 garlic cloves, minced  
2–3 teaspoons minced ginger  
2 tablespoons fish sauce  
6 cups low-fat, low-salt chicken broth*

1. In a large soup pot, heat the oil on medium-high. Add the chicken strips and sauté for 2 to 3 minutes.
2. Add the garlic and gingerroot and sauté for another minute.
3. Stir in the fish sauce, broth, and rice. Bring to a boil; reduce heat, cover, and simmer for 10 minutes.
4. Add the green onions and snow peas; simmer to heat through.
5. Adjust seasoning with salt and freshly ground white pepper to taste.



### **Wild Rice**

*Wild rice isn't rice at all, but the seed of a native American grass. Processed white rice typically needs less water added than long-grain brown rice or wild rice, which can take up to 6 cups of water per cup of dry*

*rice. Unlike its white and brown counterparts, wild rice is a very heavy and filling dish.*

## **Serves 6–8**

The chewy quality of the rice in this soup complements the crispy pea pods and delicate chicken, and its nutty flavor substitutes for peanuts.

### **Chicken Salad — 1**

#### **For the dressing:**

*1/4 cup vegetable oil  
2 tablespoons rice wine vinegar  
1 tablespoon soy sauce  
2 teaspoons grated gingerroot  
Pinch of sugar  
½; teaspoon (or to taste) salt*

#### **For the salad:**

*2 cups chopped cooked chicken  
4 ounces snow peas, trimmed  
3 green onions, trimmed and sliced  
1 cup bean sprouts  
1 medium head of Chinese cabbage, shredded  
1 tablespoon toasted sesame seeds*

1. Place the salad dressing ingredients in a small bowl and whisk vigorously to combine.
2. In a medium-sized bowl, combine the chicken, snow peas, green onions, and bean sprouts. Add the dressing and toss to coat.
3. To serve, arrange the cabbage on a serving platter. Mound the chicken salad over the cabbage. Garnish with the sesame seeds.

## **Serves 4**

This light, flavorful chicken salad is great for a summer lunch. Serve it with some slices of mango and papaya, some great bread, and a glass of Vouvray — and you are ready to go.

### **Chicken Salad — 2**

*3 tablespoons hoisin sauce, divided  
1 tablespoon soy sauce  
1 tablespoon dry sherry  
2 whole boneless, skinless chicken breasts  
1 tablespoon vegetable oil  
4 tablespoons lime juice  
1 teaspoon sesame oil  
3 tablespoons sesame seeds, toasted  
3 tablespoons peanuts, chopped  
 $\frac{1}{3}$  cup sliced scallions  
 $\frac{1}{4}$  cup chopped cilantro, plus extra for garnish  
Peanut oil for frying  
 $\frac{1}{4}$  pound rice sticks  
Bibb or romaine lettuce leaves*

1. Combine 1 tablespoon of the hoisin sauce, the soy sauce, and the sherry in a medium-sized bowl. Add the chicken breasts and marinate for 20 to 30 minutes.
2. Heat the vegetable oil in a large skillet over medium-high heat. Add the chicken breasts, reserving the marinade. Brown the breasts on both sides. Add the reserved marinade to the skillet, cover, and cook over medium-low heat until tender, about 20 minutes.
3. Let the chicken cool to room temperature, then shred it into bite-sized pieces; set aside.

4. In a medium-sized bowl, combine the shredded chicken with the remaining hoisin sauce, the lime juice, sesame oil, sesame seeds, peanuts, scallions, and cilantro. Add the shredded chicken and stir to coat.
5. Add approximately 1 inch of peanut oil to a large skillet and heat on high until the oil is very hot, but not smoking.
6. Add the rice sticks carefully and fry for approximately 6 to 8 seconds or until puffed and golden; turn the rice sticks with tongs and fry for another 6 to 8 seconds. Remove the rice sticks to a stack of paper towels to drain.
7. Toss about  $\frac{3}{4}$  of the rice sticks with the chicken mixture.
8. To serve, place a mound of salad on a lettuce leaf on the center of each plate. Top with the remaining rice sticks and garnish with additional cilantro.

## Serves 4–6

Unlike many Thai recipes, this one has no chilies or ginger, thus it is relatively mild. But it has many typical Asian characteristics, namely the rice sticks, the peanuts, and the sesame oil.

### Chicken Salad—3

*cup cooked chicken meat  
cups shredded bok choy  
½ cup very thinly sliced celery  
1 scallion, thinly sliced  
1 teaspoon vegetable oil  
1 clove garlic, minced  
1 (¼-inch) piece ginger, peeled and minced  
½ cup soy sauce  
2 tablespoons rice vinegar  
1 tablespoon sugar  
½ teaspoon sesame oil (optional)*

1. In a medium-sized bowl, toss together the chicken, bok choy, celery, and scallion.
2. In a small bowl, thoroughly whisk together the remaining ingredients. Pour over the salad and toss well to combine.

## Makes 3–4 cups

This salad makes a great packed lunch, because the salad holds up pretty well at room temperature and the dressing doesn't require refrigeration.

### Jicama, Carrot, and Chinese Cabbage Salad

*1 teaspoon ground anise  
½ cup chopped cilantro  
⅔ cup vegetable oil  
2 tablespoons lime juice  
½ teaspoon prepared chili-garlic sauce  
2 pounds jicama, peeled and finely julienned  
2 large carrots, peeled and finely julienned  
3/4 pound Chinese cabbage, thinly shredded  
Salt and black pepper to taste*

1. Thoroughly combine the ground anise, cilantro, vegetable oil, lime juice, and chili-garlic sauce in a large mixing bowl.
2. Add the vegetables and toss to coat.
3. Season with salt and pepper.

## Serves 6–8

This crunchy salad reminds me of coleslaw. All of the vegetables are cut in a fine julienne and then tossed in a dressing. Serve it as a side dish, a salad, or as a topping for sandwiches.

### Peanut-Potato Salad

*3 pounds peeled boiling potatoes  
1 cup salted peanuts, coarsely chopped, divided  
1 medium-sized red bell pepper, cored and chopped  
2 stalks celery, sliced  
4 green onions, trimmed and sliced  
¼ cup chopped cilantro  
¼ cup chopped mint  
¾ cup mayonnaise  
¼ cup peanut butter  
3 tablespoons rice vinegar  
Salt and pepper to taste*

1. Bring a large pot of water to a boil over high heat. Add the potatoes and cook until tender. Drain and cool. Cut into  $\frac{1}{2}$ -inch cubes.
2. In a large bowl, combine the potato cubes,  $\frac{3}{4}$  cup of peanuts, red bell pepper, celery, green onion, cilantro, and mint.
3. In a small bowl, whisk together the mayonnaise, peanut butter, and vinegar. Season to taste with salt and pepper.
4. Pour the dressing over the potato mixture and toss to coat. Refrigerate for at least 1 hour. Garnish with the remaining peanuts before serving.



### Thai Potatoes?

*Potatoes were originally cultivated by South American native populations, but then spread throughout the world. Potatoes have yet to be infused too deeply into Thai cuisine, with most recipes involving potatoes originating from a taro recipe, or a different potato recipe is given a Thai kick.*

## Serves 8–10

The first time you try this potato salad, the peanuts, peanut butter, and mint will jolt your taste buds. But after you get used to it, you’ll be hardpressed to go back to the traditional stuff!

### Asian Couscous Salad

*1 pound snow peas, trimmed  
1 red bell pepper, cored, seeded, and chopped  
1 yellow bell pepper, cored, seeded, and chopped  
5–7 green onions, trimmed and thinly sliced  
1 medium-sized red onion, chopped  
1–2 jalapeño chilies, seeded and finely chopped  
1 clove garlic, minced  
2½ cups couscous  
3½ cups boiling water, divided  
1 packed cup basil  
1 packed cup mint  
1 packed cup cilantro  
½ cup vegetable oil  
2 tablespoons lemon juice  
3 tablespoons lime juice  
Salt and freshly ground black pepper to taste*

1. Place the snow peas, peppers, onions, chilies, garlic, and couscous in a large bowl; toss to blend.
2. Pour 3 cups of the boiling water over the couscous mixture, cover tightly, and let stand at room temperature for 1 hour.
3. Add the remaining  $\frac{1}{2}$  cup boiling water and all the remaining ingredients to the couscous; toss together, cover, and let stand for at least 30 more minutes.

4. Season with salt and freshly ground black pepper.

## **Serves 8–10**

Serve this easy-to-make and healthy salad as a snack, a side dish, or as a light lunch. It is also super picnic fare.

### **Asian 3-Bean Salad**

*1 (14-ounce) can garbanzo beans  
1 (14-ounce) can black beans  
1 (14-ounce) can red kidney beans  
1 medium-sized red onion, chopped  
 $\frac{1}{3}$  cup chopped cilantro  
4 tablespoons olive oil  
3 tablespoons rice vinegar  
3 cloves garlic, minced  
1 teaspoon minced jalapeño  
 $\frac{1}{2}$  teaspoon lime zest  
Salt and pepper to taste*

1. Place all the beans in a colander. Thoroughly rinse under cool running water. Drain and set aside.
2. Stir together all the remaining ingredients and pour over beans; stir to combine.
3. Refrigerate overnight, stirring occasionally. Season with salt and pepper.

## **Serves 4–6**

This 3-bean salad is inspired by the ones from the 1950s, but is jazzed up with Asian spices and rice vinegar.

### **Crunchy Sprout Salad**

*1/4 cup rice vinegar  
2 tablespoons fish or soy sauce  
2 tablespoons vegetable oil  
1 tablespoon sugar  
2 teaspoons grated gingerroot  
2 cups sprouts of your choice  
6 cups baby greens (preferably an Asian mix)*

1. In a large bowl whisk together the vinegar, fish sauce, vegetable oil, sugar, and gingerroot.
2. Add the sprouts, toss to coat, and let marinate for 30 minutes.
3. Add the greens and toss until well combined.

## Serves 4

Think spring! The dressing in this salad is fresh and lively, but not overpowering. This salad is also nice with a drained can of mandarin orange segments tossed in.

### Many Peas Asian-Style Salad

*1 cup sugar snap peas  
½ cup snow peas  
½ cup fresh green peas  
2 teaspoons sesame seeds, toasted  
1 tablespoon rice vinegar  
1 tablespoon sesame oil  
1 tablespoon brown sugar  
2 teaspoons soy sauce  
6 cups pea shoots or other sweet baby lettuce*

1. Bring a large pot of water to a boil. Add the sugar snap peas and boil for 2 minutes. Add the snow peas and green peas and boil for 1 minute more. Drain and rinse in cold water. Pat dry with paper towels.
2. In a large bowl, thoroughly combine the sesame seeds, vinegar, oil, sugar, and soy sauce. Add the peas and the greens and toss to coat.



### Substituting Dried Lemongrass for Fresh

*If you can't find lemongrass, substitute 1 tablespoon of dried lemongrass per stalk of fresh or several strips of peel from a lemon or lime.*

## Serves 4

Pea lovers rejoice — this recipe is for you. It goes without saying (even though I am), the fresher the ingredients the better. No compromising!

### Thai Pasta Salad

*8 ounces dried bow tie or other bite-sized pasta  
3 green onions, trimmed and thinly sliced  
2 medium carrots, shredded  
1½ cups thinly sliced Napa cabbage or bok choy  
1½ cups thinly sliced red cabbage  
1 tablespoon brown sugar  
1 clove garlic, minced  
2 tablespoons vegetable oil  
⅓ cup rice wine vinegar  
¼ teaspoon ground ginger  
½ teaspoon red pepper flakes  
3 tablespoons smooth peanut butter  
2 tablespoons water  
1 tablespoon soy sauce  
1 cup bean sprouts*

1. Cook the pasta according to package directions. Drain and rinse under cold water. Place the pasta in a large mixing bowl and add the green onions, carrots, and cabbage.
2. In a small mixing bowl, thoroughly combine all the remaining ingredients except the sprouts.
3. Pour the dressing over the pasta and vegetables; cover and refrigerate for at least 2 hours or overnight.
4. Just before serving, toss in the bean sprouts.

## Serves 8–12

Salads made with pasta always used to have an Italian dressing or mayonnaise base. A great update to a concept that has been around for a long while, this salad features a spicy peanut dressing.

### Thai Chicken Pizza

*2 whole boneless, skinless chicken breasts, cut in half  
1 recipe Asian or Thai Marinade (see recipes in Chapter 1)  
1 unbaked pizza crust  
 $\frac{1}{4}$ — $\frac{1}{3}$  cup peanut or hot chili oil  
1½ cups fontina cheese  
1½ cups mozzarella cheese  
4 green onions, trimmed and thinly sliced  
1 medium carrot, peeled and coarsely grated  
1½ cups bean sprouts  
 $\frac{1}{2}$  cup coarsely chopped dry-roasted peanuts  
 $\frac{1}{3}$  cup chopped cilantro leaves*

1. Place the chicken breasts in an ovenproof dish. Pour the marinade over the chicken, turning to coat thoroughly. Cover and refrigerate for at least 8 hours. Let the chicken return to room temperature before proceeding.
2. Preheat oven to 325 degrees. Bake the chicken for 30 to 40 minutes or until cooked through. Remove the chicken from the oven and let cool to room temperature. Shred the chicken into very small pieces; set aside.
3. Prepare the pizza dough according to package directions.
4. Brush the dough with some of the oil. Top the oil with the cheeses, leaving a ½-inch rim. Evenly spread the chicken, green onions, carrot,

bean sprouts, and peanuts on top of the cheese. Drizzle a little oil over the top.

5. Bake according to package directions for the crust. Remove from oven, sprinkle with cilantro, and serve.

## **Yields 1 large pizza**

This is a great recipe to use up leftover Siamese Roast Chicken (see recipe on page 102). Simply chop up the leftover meat and proceed with step 3.

## **Grilled Steak with Peanut Sauce**

*1 recipe of Thai Marinade (see recipes in Chapter 1)*

*1 (2-pound) flank steak, trimmed*

*1 recipe of Peanut Dipping Sauce (see recipes in Chapter 2)*

1. Quickly rinse the steak under cold water and pat dry. Place the steak in a large Ziplock bag along with the marinade. Turn the meat until it is well coated with the marinade on all sides. Refrigerate overnight.(Let the steak return to room temperature before cooking.)
2. Preheat a broiler or grill. Cook the steak, turning once and basting with the remaining marinade, until done to your preference
3. Remove the meat from the grill, cover it with foil, and let it rest for 5 minutes to let some of the juices reabsorb. To serve, thinly slice the steak across the grain. Pass the peanut sauce separately.

## **Serves 6**

Beef satay without the skewers! You can serve this steak with your usual steak side dishes, or it is equally good over a bed of greens tossed in a light Thai vinaigrette or a bit of the peanut sauce.

### **Asian Marinara Sauce**

*2 tablespoons vegetable oil  
1 medium onion, chopped  
1 (1-inch) piece of ginger, peeled and minced  
1—3 serrano chilies, seeded and minced  
1 cup water  
1 pound chopped canned tomatoes with the juice  
1 teaspoon salt  
1 teaspoon sugar*

1. In a large saucepan, heat the oil over medium heat.
2. Add the onion and ginger and sauté for 2 minutes.
3. Add the chilies and continue cooking 1 minute more.
4. Stir in the water, tomatoes, salt, and sugar. Reduce heat to low and simmer for at least 30 minutes.

## **Yields approx. 2 cups**

Tired of the same old spaghetti sauce? Give this marinara sauce a try. Serve it over any pasta you would top with an Italian-style sauce or try it over rice noodles.

## **Thai-Style Grilled Pork Chops**

*garlic clove, minced*

*½ cup fish sauce*

*2 tablespoons cream sherry*

*3 tablespoons rice vinegar*

*2 teaspoons brown sugar*

*2 teaspoons minced gingerroot*

*2 (1-inch-thick) pork chops*

1. In a small saucepan, over medium heat, bring the garlic, fish sauce, sherry, vinegar, brown sugar, and gingerroot to a boil. Remove from heat and allow to cool to room temperature. (You can also put the marinade in the refrigerator to cool it.)
2. Place the pork chops in a plastic bag and pour in the marinade, making sure to coat both sides of the chops. Let the chops marinate at room temperature for 15 minutes.
3. Pour the marinade into a small saucepan and bring to a simmer over medium-low heat. Cook for 5 minutes.
4. Grill the chops on a hot grill for 5 to 6 minutes per side for medium.
5. Serve the chops with the marinade drizzled over the top.

## Serves 2

The sugar and the sherry in this marinade help the chops develop a nicely charred crust. But pay attention while you are grilling. These same ingredients can cause brief fire flare-ups.

## Southeast Asian Burgers

*1 clove garlic, minced  
3 tablespoons bread crumbs  
1 pound ground beef or ground turkey  
1/4 cup chopped cilantro  
1/4 cup chopped basil  
1/4 cup chopped mint  
2 tablespoons lime juice  
1 teaspoon sugar (optional)  
3 shakes Tabasco*

1. In a medium-sized mixing bowl, combine all the remaining ingredients.
2. Using your hands, gently mix the ingredients together and form 4 patties.
3. Season each patty with salt and pepper.
4. Grill the patties to your liking, about 5 minutes per side for medium.



## Serving Marinades

*If you are going to use a marinade as a sauce, make sure to bring it to a boil after the marinating foods have been removed. Otherwise, reusing the marinade can make you sick (e.g., food poisoning).*

## Serves 4

These burgers are great topped with Pickled Chinese Cabbage (see recipe on page 232).

### Grilled Lobster Tails with a Lemongrass Smoke

*6 (4–6 ounce) lobster tails*

*Olive oil*

*Cracked black pepper*

*3–4 whole lemongrass stalks, bruised*

*Salt to taste*

1. To prepare the lobster tails, lay each tail flat-side down (shell up). Using a sharp knife, cut through the shell and halfway through the meat lengthwise. Use your fingers to pull the meat away from the membranes and the inner shell, then invert the meat until it sits on top of the shell instead of being surrounded by it.
2. Brush the lobster generously with olive oil and sprinkle with black pepper. Place the lemongrass stalks in a Tuscan herb grill.
3. Heat grill to medium-high heat. Place the herb grill on the main grill grate and place the lobster tails on top, meat side up. Close the lid of the grill and cook for 7 to 8 minutes. (The shells should be bright red and the meat quite firm.)
4. Turn the lobster tails over and continue cooking for 2 to 3 minutes.
5. Sprinkle with salt and serve.



#### What is a Tuscan Herb Grill?

*A Tuscan herb grill is a flat, hinged grate that looks similar to a screen. The 2 sides fit closely together and hold fresh herbs, such as fennel or basil, which smoke during the grilling process, imparting a smoky, herbal note to grilled meats or fish.*

## Serves 6

These lobster tails are simply the best. The sweet lobster meat is lightly perfumed with a lemony, smoky aroma — and that's it! No masking what Mother Nature did such a great job creating.

### Thai-Flavored Green Beans

*2 pounds French or regular green beans, trimmed and cut into bite-sized pieces*

*1 rounded tablespoon shrimp paste*

*2 tablespoons vegetable oil*

*3 tablespoons unsalted butter*

*2 teaspoons minced garlic*

*½ cup chopped cilantro*

1. In a pot large enough to hold all of the beans, steam them until tender-crisp.
2. Drain the beans, reserving cooking liquid. Cover the beans with foil to keep warm.
3. In a small bowl, whisk together the shrimp paste and vegetable oil.
4. In a large skillet, melt the butter over medium-high heat. Add the garlic and sauté until golden. Stir in the shrimp paste mixture and 1 tablespoon of the reserved cooking liquid.
5. Add the reserved green beans, stirring to coat. Cook until heated through.
6. Remove the pan from the heat and toss in the cilantro.

## **Serves 6–8**

The shrimp paste in this recipe adds a slightly salty flavor that is impossible to pinpoint unless you saw the cook add it to the pot. Your dinner guests will beg for your secret ingredient. Don't tell.

### **Southeast Asian Asparagus**

*1 tablespoon sesame oil*

*1 pound asparagus, trimmed and cut into 2-inch pieces*

*1 teaspoon fish sauce*

*1 teaspoon toasted sesame seeds*

*½ cup toasted peanuts*

1. Heat the sesame oil in a large skillet over medium-high heat. Add the asparagus and sauté for 3 minutes.
2. Add the fish sauce, sesame seeds, and peanuts. Sauté for 2 more minutes or until the asparagus is done to your liking.

## Serves 4

You can serve this hot or at room temperature. If you choose to serve it at room temperature, stir in the sesame seeds just before serving, otherwise they get a little mushy.

### Asian Ratatouille

*2 Japanese eggplants (about 1 pound), cut into  
½-inch cubes  
½ teaspoon salt  
3 tablespoons sesame oil  
2 ribs of celery, sliced  
1 onion, slivered  
1 red bell pepper, cored, seeded, and julienned  
3 tablespoons vegetable oil  
2 small zucchini, halved lengthwise and sliced  
1 cup sliced mushrooms  
¾ cup vegetable stock  
2 tablespoons soy sauce  
1 tablespoon dry sherry  
1 tablespoon cornstarch  
1 teaspoon minced garlic  
1 teaspoon minced ginger  
2 teaspoons Plum Dipping Sauce (see recipe on page 25)  
1 tablespoon chopped cilantro*

1. Place the eggplant in a colander and sprinkle with the salt. Let rest for 30 minutes.
2. In a large ovenproof pot, heat the sesame oil on medium. Add the celery, onion, and red bell pepper; sauté for 5 minutes. Remove the vegetables from the pan and set aside.

3. Add the vegetable oil to the pot. Sauté the zucchini, mushrooms, and eggplant for 5 minutes. Stir in the celery, onion, and bell pepper and set aside.
4. In a small mixing bowl, whisk together the stock, soy sauce, sherry, and cornstarch. Pour over the vegetables and stir to combine.
5. Bake, covered, in a 350-degree oven for 40 minutes.
6. Stir in the garlic, ginger, and plum sauce. Cover and continue to bake for an additional 10 minutes.

## Serves 6–8

The similarity between this Asian version and the French classic is evident. But instead of seasoning the dish with herbs de Provence, this ratatouille gets its zip from ginger, plum sauce, and soy.

### Pickled Chinese Cabbage

*4 cups water*

*6 cups rice vinegar*

*1 tablespoon chopped garlic*

*1 tablespoon chopped cilantro*

*2 large shallots or 1 medium onion, chopped*

*3 pounds Chinese cabbage, cored, halved, and thinly sliced*

*Salt and white pepper*

1. Place all of the ingredients except the cabbage in a large stew pot and bring to a boil. Reduce heat and simmer for 5 minutes.
2. Bring the cooking liquid back to a boil and stir in the cabbage. Cover and cook the cabbage for 3 to 5 minutes.
3. Remove the pot from heat and let cool to room temperature. Season to taste with salt and white pepper.
4. Refrigerate for at least 8 hours before serving.

## **Yields 3 pounds**

An Asian sauerkraut—no more, no less.

## **Crazy Coconut Pie**

*¾ stick of butter, melted*

*4 eggs*

*2 cups milk*

*½ cup flour*

*¾ cup sugar*

*1½ teaspoons vanilla*

*1 cup sweetened shredded coconut*

1. Preheat oven to 350 degrees. Grease and flour a 10-inch pie plate.
2. Place all of the ingredients in a blender and blend for 1 minute. Pour the batter into the prepared pan.
3. Bake for 45 minutes or until golden on top.

## **Yields 1 (10-inch) pie**

I've had this recipe since I was a kid, yet it remains a favorite. Somehow the batter separates to form a crust, a custard filling, and a golden coconut top. (Yes, I can still eat the whole thing by myself.)

### **Lime Butter Cake**

*3 cups cake flour  
3 teaspoons baking powder  
 $\frac{1}{4}$  teaspoon salt  
2 sticks unsalted butter  
1½ cups sugar  
4 eggs, lightly beaten  
1 cup milk  
Grated peel of 1 lime  
3 tablespoons lime juice  
Powdered sugar (optional)*

1. Preheat oven to 325 degrees.
2. Sift together the cake flour, baking powder, and salt 3 times; set aside.
3. In the bowl of an electric mixer, beat the butter until creamy.
4. Gradually add in the sugar, then beat at medium speed for 5 minutes, scraping down the sides of the bowl every so often.
5. Add the beaten eggs slowly and continue to beat for 5 more minutes. (The mixture will be thick and double in volume.)
6. Using a rubber spatula, gradually fold in  $\frac{1}{4}$  of the flour mixture into the batter. Then fold in  $\frac{1}{2}$  of the milk. Repeat this process until all of the flour and the milk have been incorporated. (You will add flour last.)

7. Fold in the lime peel and lime juice.
8. Pour the batter into a greased molded cake pan, smoothing the surface and slightly building up the sides.
9. Bake the cake for 45 to 55 minutes or until the top is golden and the sides are beginning to pull away from the pan.
10. Remove from the oven and let cool for 1 to 2 minutes. Carefully unmold.
11. Let cool to room temperature. Dust with powdered sugar or serve with Ginger Anglaise Sauce (see recipe on page 188).

## **Yields 1 (12-inch) cake**

This cake is so moist and flavorful, I simply dust it with powdered sugar. If you want to frost it, go with something light and not too sweet. A cre7:05 PM 8/1/2008me anglaise or vanilla ice cream goes nicely with it, too.

## **Meringues with Tropical Fruit**

*Butter at room temperature to prepare baking dishes*

*6 egg whites*

*2 cups superfine sugar*

*2 cups heavy cream, whipped*

*2 cups mixed fresh tropical  
fruit, cut into bite-sized pieces*

1. Preheat oven to 200 degrees. Butter pieces of parchment paper cut to line 2 baking sheets.
2. Place the egg whites in a cold bowl. Beat until soft peaks form Add the sugar and continue to beat until stiff.
3. Using a pastry bag, pipe 3- to 4 -inch circles of meringue onto the prepared baking sheets.
4. Bake for 90 to 120 minutes or until they are dry, taking care not to let the meringues turn color. If the meringues aren't dry after 2 hours of baking, turn the oven off and let the meringues sit in the oven overnight.
5. Allow the meringues to cool completely. Fill a pastry bag with the whipped heavy cream. Pipe cream into the center of the meringues. Top with tropical fruit and serve.

## **Yields approx. 24**

My friend, Leslie Kowitz, hosted an afternoon tea a while back, which included a plethora of teas and sweets. My favorite was a meringue shell filled with berries. Here it is with a tropical twist.



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## Singapore Shellfish Soup

*2 tablespoons vegetable oil, divided  
1 pound large raw shrimp, peeled, shells reserved  
1 pound mussels, cleaned and debearded  
3 stalks lemongrass, outer layers removed, inner core thinly sliced  
3 serrano chilies, seeded and chopped  
2 cloves garlic, minced  
1 (1-inch) piece ginger, peeled and chopped  
4 small shallots, peeled and sliced  
1 tablespoon anchovy paste  
1 teaspoon turmeric  
1 tablespoon ground coriander  
1 (14-ounce) can coconut milk  
1–2 tablespoons fish sauce  
1 7-ounce package of rice noodles, soaked in hot water until soft  
1 tablespoon lime zest  
6 large scallops, sliced horizontally into 2–3 pieces, depending on their size  
1 cup bean sprouts  
¼ cup chopped cilantro  
Lime wedges*

## Serves 6–8

Singapore sits at the southern end of the Malay Peninsula, surrounded by the Strait of Malacca, the South China Sea, and the Java Sea. No wonder seafood is a Singaporean mainstay.

1. In a medium-sized saucepan heat 1 tablespoon of the oil over medium-high heat and fry the shrimp shells until pink.
2. Add 3 cups of water to the pan and bring to a boil; reduce the heat and simmer for 30 minutes. Strain the shells from the broth, then boil the broth until it is reduced to 2 cups.
3. In a large skillet, bring  $\frac{1}{2}$  cup of water to a boil. Add the mussels, cover, and let steam until opened, about 5 minutes. Discard any mussels that have not opened. Strain the cooking liquid and reserve. Shell all but about  $\frac{1}{2}$  of the mussels; set the mussels aside.
4. Place the lemongrass, chilies, garlic, ginger, shallots, anchovy paste, and 2 tablespoons of water in a food processor. Process to form a thick paste, adding more water if needed.
5. Heat the remaining vegetable oil in a large soup pot over medium heat. Add the lemongrass paste and fry, stirring continuously, until lightly browned, about 10 minutes. Stir in the turmeric and ground coriander and cook for 1 minute more.
6. Add the shrimp broth and mussel cooking liquid to the pot, stirring to dissolve the paste. Bring to a boil, reduce heat, and simmer for 10 to 15 minutes.
7. Add the coconut milk and fish sauce; return to a boil. Add the noodles and lime zest; simmer for 2 minutes. Add the shrimp and simmer for 2 minutes more. Add the scallop slices. After 30 seconds or so, add the shelled mussels and bean sprouts. Gently stir to combine.

8. To serve, ladle the soup into deep soup bowls. Garnish with the mussels in their shells, sprinkle with chopped cilantro and the juice from a lime wedge over the top of each bowl.

## **Roasted Duck, Melon, and Mango Salad**

*1 teaspoon soy sauce  
2 teaspoons fine sugar  
1 teaspoon oyster sauce  
1 tablespoon plus 2 teaspoons vegetable oil  
½ roast duck, meat removed and shredded  
3 tablespoons water  
½ teaspoon granulated salt  
1 teaspoon sugar  
½ teaspoon sesame oil  
1 teaspoon ketchup  
1 teaspoon bottled chili sauce  
1½ teaspoons cornstarch  
1½ teaspoons apricot jam  
1 cup cubed honeydew melon  
1 cup cubed cantaloupe  
½ large cucumber, seeded and sliced  
1 cup cubed jicama  
1 mango, cut into bite-sized pieces  
1 pear, cut into bite-sized pieces  
3 tablespoons ground peanuts  
2 tablespoons toasted sesame seeds*

1. In a medium-sized mixing bowl, combine the soy sauce, fine sugar, oyster sauce, and 1 tablespoon of the vegetable oil. Add the shredded duck to the bowl and toss to coat; set aside.
2. In a small bowl, whisk together the 3 tablespoons of water, salt, 1 teaspoon of sugar, sesame oil, ketchup, chili sauce, and cornstarch; set aside.

3. In a small saucepan, heat the remaining vegetable oil over medium heat. Add the sauce mixture to the pan and cook until it thickens. Stir in the apricot jam and remove the pan from the heat. Cool the sauce in the refrigerator. Stir before using.
4. Mound the duck in the center of a large serving platter. Arrange the fruits and vegetables around the duck. Spoon the sauce over the duck, fruits, and vegetables. Sprinkle the salad with chopped peanuts and sesame seeds. Serve at once.



## Duck Confit

*Duck confit is a lusciously moist and intensely flavored treat. The duck is cured in spices and then slowly braised in its own fat. It is delicious and surprisingly not greasy!*

## Serves 4–6

You can roast the duck yourself, or order either roast duck or duck confit from a gourmet shop. You can also substitute chicken if you prefer. Feel free to try other fruits in this salad, too.

## Spice-Poached Chicken

*1 whole star anise  
½ teaspoon whole black peppercorns  
½ teaspoon whole cloves  
1 (2-inch) cinnamon stick  
1 cardamom pod  
¼ teaspoon dried tangerine peel (dried orange peel can be substituted)  
5 cups water  
¼ cup light soy sauce  
2 tablespoons sugar  
4–6 boneless, skinless chicken breasts*

1. Place the star anise, peppercorns, cloves, cinnamon stick, cardamom pod, tangerine peel, and water in a stew pot. Bring the mixture to a boil over high heat. Let boil until the poaching liquid is reduced to 4 cups.
2. Stir in the soy sauce and the sugar. Return the liquid to a boil.
3. Add the chicken breasts and reduce to a simmer. Poach the breasts until done, about 20 minutes.



## Tangerines and Mandarin Oranges

*Tangerines and mardarin oranges are the same thing! The name just tells you where they were grown. If they are from the United States, they are tangerines. If not, they're called mandarins.*

## Serves 4–6

I like to use this chicken as a base for chicken salad. The subtle spices impart a terrific flavor that turns a standby into a standup! Serve the chicken salad on a whole-grain roll with lettuce and apple slices.

### Tea-Smoked Chicken

*6–8 boneless, skinless chicken breasts*

*½ teaspoon salt*

*2 teaspoons rice wine*

*½ cup green tea leaves*

*½ cup brown sugar*

*½ cup cooked rice*

*1 teaspoon sesame oil*

1. Quickly rinse the chicken breasts under cold water and pat dry. Sprinkle with the salt and rice wine. Set aside in the refrigerator for 30 minutes.
2. Meanwhile, prepare the wok: Line the bottom with a sheet of aluminum foil. Place the tea leaves, brown sugar, and rice in the bottom of the wok and toss to combine. Put a wire grill rack on the wok.
3. Heat the wok over medium-high heat. Put the chicken on the rack and cover with a tight-fitting lid. Turn off the heat after smoke begins to emit from the wok, but leave it on the burner for 10 minutes or until the chicken is cooked through.
4. Brush the chicken with the sesame oil. Serve at once.



*Blending Chinese ingredients with local spices creates a type of fusion cooking that is unique to Singapore, called Nonya. These dishes are a specialty of “Hawker Centers,” open-air centers with fast-food street stalls selling everything from satay to stir-fried noodles to spicy crab. Don't miss them if you travel to Singapore.*

## Serves 6–8

Make sure your stove's ventilation hood works before you start this recipe. The smoke stays mostly in the wok while the chicken is cooking, but it comes out in a big poof when you remove the lid.

### Pork Medallions in a Clay Pot

*2 tablespoons oyster sauce  
2 tablespoons light soy sauce  
2 tablespoons sweet (dark) soy sauce  
1 tablespoon Black Bean Paste (see recipe on page 10)  
1 teaspoon sesame oil  
1 teaspoon rice wine  
½ teaspoon ground black pepper  
1 clove garlic, minced  
1 tablespoon cornstarch  
2 pork tenderloins, trimmed and cut into ½-inch slices  
2 tablespoons vegetable oil  
1 tablespoon Tamarind Concentrate (see recipe on page 18)  
1 cup water*

1. Prepare the marinade by combining the oyster sauce, light and dark soy sauces, Black Bean Paste, sesame oil, rice wine, black pepper, garlic, and cornstarch in a medium bowl.
2. Add the pork slices to the bowl of marinade and toss to coat thoroughly. Cover the pork and let marinate at room temperature for 30 minutes.
3. Heat the vegetable oil in a wok over medium-high heat. Add the marinated pork and stir-fry for 3 to 4 minutes.
4. Transfer the pork to a clay pot or other ovenproof braising vessel.

5. Stir together the tamarind and water; pour over the pork.
6. Bake the pork in a 350-degree oven for 1½ hours, until very tender.

## Serves 4

Soy sauce, black bean paste, sesame oil, and rice wine are all traditional Chinese ingredients. The Chinese use clay pots over an open heat source as a type of oven, an appliance still not used much in Asia.

### Singapore Shrimp

*2 tablespoons vegetable oil  
1 cup sliced domestic mushrooms  
1/4 cup green onion slices  
1 clove garlic, minced  
1 teaspoon minced ginger  
2 teaspoons hoisin sauce  
2 teaspoons oyster sauce  
2 teaspoons Red Curry Paste (see recipes in Chapter 1)  
1/4 teaspoon Chinese 5-spice powder  
1 can coconut milk  
Salt and pepper to taste  
1½ pounds cooked shrimp*

1. In a wok or large sauté pan, heat the vegetable oil on medium-high.
2. Add the mushrooms, green onions, garlic, and ginger; stir-fry for 2 to 3 minutes.
3. Stir together the hoisin sauce, oyster sauce, and curry paste, and 5-spice powder until well combined. Add the mixture to the wok.
4. Stir in the coconut milk and adjust seasoning to taste with the salt and pepper. Add the shrimp and bring to a simmer. Cook for 1 to 2 minutes until the shrimp are heated through.

## Serves 4

This recipe is a mishmash of cultures — Chinese, Thai, and Indian — a bit like Singapore herself. Somehow these flavors work well together, creating a beautiful and exotic meal.

### 5-Spiced Vegetables

*½ cup orange juice  
1 tablespoon cornstarch  
½ — ¾ teaspoon Chinese 5-spice powder  
¼ teaspoon crushed red pepper flakes  
2 tablespoons soy sauce  
2 teaspoons honey  
1 tablespoon vegetable oil  
1 pound mushrooms, sliced  
1 cup carrot slices  
1 small onion, halved and thinly sliced  
1–2 cloves garlic, minced  
3 cups broccoli florets*

1. In a small bowl, combine the orange juice, cornstarch, 5-spice powder, red pepper flakes, soy sauce, and honey; set aside.
2. Heat the vegetable oil in a wok or skillet over medium-high heat. Add the mushrooms, carrots, onion, and garlic. Stir-fry for approximately 4 minutes.
3. Add the broccoli and continue cooking another 2 to 4 minutes.
4. Stir in the sauce. Cook until the vegetables are done to your liking and the sauce is thick, approximately 2 minutes.
5. Serve over rice noodles, pasta, or rice.

## **Serves 4**

Here the 5 flavors of Asia — salty, hot, sweet, sour, and bitter — are found in the sauce. Add a little more honey if you prefer a sweeter sauce and fewer red pepper flakes if you don't want as much heat.

### **Peninsula Sweet Potatoes**

*1 pound sweet potatoes or yams of varying varieties, peeled and cut into bite-sized pieces*

*1 bay leaf*

*1 teaspoon sugar*

*¼ teaspoon salt*

*1 (14-ounce) can coconut milk*

1. Place the sweet potato pieces in a large saucepan. Add just enough water to cover them, and bring to a boil. Add the bay leaf and cook until the potatoes are soft. Remove the bay leaf and discard.
2. Stir in the sugar and salt. After the sugar has dissolved, remove the pan from the heat and stir in the coconut milk. Adjust the seasonings by adding salt and/or sugar if necessary. Adjust the consistency by adding more water and/or coconut milk.

## **Serves 4**

To really give your Thanksgiving guests something to talk about, try serving this version of sweet potatoes.

### **Beef Cambogee**

*5 cups Red Curry Cambogee (recipe on page 250)*

*1 pound sirloin, trimmed, and cut into bite-sized pieces*

*2–3 medium-sized russet potatoes, peeled and cut into bite-sized pieces*

*½ cup chopped peanuts*

*2 cups bean sprouts*

1. In a large saucepan, bring the curry sauce to a simmer.
2. Add the meat and potatoes and simmer until done to your liking, about 20 to 30 minutes.
3. Garnish with the peanuts and bean sprouts.

## Serves 4–6

Meat and potatoes, Cambodian style. As the meat and potatoes simmer in the curry, they become tender and deeply flavored. The peanuts and bean sprouts add snap.

### Hot Noodles with Tofu

*½ pound Chinese wheat noodles*

*Vegetable oil for frying*

*½ pound firm tofu, cut into 1-inch cubes*

*½ pound dried tofu, soaked in hot water for 15 minutes and cut into 1-inch cubes*

*3 tablespoons sesame oil*

*3 tablespoons minced ginger*

*½ teaspoon yellow asafetida powder*

*1 bunch choy sum, chopped into 1-inch pieces*

*3 tablespoons soy sauce*

*3 tablespoons sambal oelek*

*3 tablespoons lemon juice*

*2 cups mung bean shoots or bean sprouts*

1. Cook the noodles al dente according to package directions. Rinse under cold water and drain; set aside.
2. Heat about 2 inches of vegetable oil in a wok or large skillet over medium high heat. Add the firm tofu cubes and deep-fry until golden. Using a slotted spoon, remove the tofu cubes to paper towels to drain; set aside.
3. Add the dried tofu pieces and deep-fry them until they blister. Remove and drain on paper towels; set aside.

4. In another wok or skillet heat the sesame oil over high heat. Add the ginger and stir-fry 1 minute.
5. Add the asafetida and choy sum, and stir-fry until soft.
6. Stir in the soy sauce, sambal oelek, and lemon juice. Add the noodles and tofu pieces. Stir-fry until hot, about 2 minutes more.

## **Serves 4**

To serve this dish, mound the noodles on the center of four plates. Generously top with fresh shoots or sprouts.

### **Singapore Noodles**

*2 tablespoons vegetable oil*

*4 cloves garlic, minced*

*2 tablespoons minced ginger*

*2 cups cooked meat or shrimp in bite-sized pieces*

*2 green onions, trimmed and thinly sliced*

*1–2 teaspoons red pepper flakes*

*¼ cup oyster sauce*

*3 tablespoons curry powder*

*2 teaspoons soy sauce*

*1 package rice sticks, soaked in hot water until soft and drained*

1. Heat the vegetable oil in a wok or large skillet over medium-high heat. Add the garlic and the ginger. Stir-fry until soft.
2. Add the cooked meat or shrimp, green onion, and red pepper flakes to the wok; stir-fry until hot.
3. Stir in the oyster sauce, curry powder, and soy sauce. Add the rice noodles and toss. Serve immediately.

## **Serves 2–3**

Do you have 5 minutes and some leftover chicken, beef, pork, shrimp, or a combination thereof? If so, this is the meal for you. It's satisfying, it's easy, and it's foolproof!

### **Oyster Mushroom Soup**

*4 cups vegetable broth*

*1 tablespoon Tabasco*

*2–3 serrano chilies*

*½ stalk lemongrass, outer leaves removed, inner core finely chopped*

*3 (2-inch-long, ½-inch wide) pieces lime zest*

*1 teaspoon sugar*

*2 tablespoons lemon juice*

*½ pound oyster mushrooms, cleaned and separated if large*

1. In a large saucepan, bring the vegetable broth and the Tabasco to a boil. Meanwhile, crush the chilies with a mallet to break them slightly open: A good whack will do it.
2. Add all of the remaining ingredients to the boiling broth, reduce the heat, and simmer until the mushrooms are cooked to your liking. Remove the chilies before serving.

## Serves 4

Oyster mushrooms are fan-shaped mushrooms with a mild flavor and a tender bite. In this Cambodian-style soup they add texture to a complex, yet simple-to-make broth.

### Sweet Cambodian Broth with Pork and Eggs

*4 cups water*

*5 tablespoons soy sauce*

*½ teaspoon freshly ground black pepper*

*½ teaspoon salt*

*1 cup sugar*

*1 cup fish sauce*

*6–8 hard-boiled eggs*

*1 large pork tenderloin, cut into bite-sized cubes*

*1 cup thinly sliced bamboo shoots*

*Rice, cooked according to package directions*

1. Bring the water to a boil in a large saucepan. Add the soy sauce, black pepper, salt, sugar, fish sauce, and hard-boiled eggs; simmer for 15 minutes.
2. Add the cubed pork and the bamboo shoots and simmer for an additional 30 minutes.
3. Reduce the heat to low, cover, and let simmer for 2 to 3 hours. Adjust seasonings to taste.
4. To serve, mound some rice in the bottom of soup bowls. Ladle soup over the rice.

## **Serves 4–6**

When I say sweet, I mean sweet. As the sugar cooks, it gives a syrupy consistency to this very traditional dish. Luckily the sweetness is counteracted somewhat by a good amount of salty ingredients.

### **Cambodian-Style Pan-Fried Chicken and Mushrooms**

*6 ounces dried Chinese mushrooms*

*2 tablespoons vegetable oil*

*4 cloves garlic, crushed*

*½ teaspoon grated ginger*

*1½ pounds chicken breasts and legs*

*1 cup water*

*2 teaspoons sugar*

1. Place the dried mushrooms in a bowl, cover with boiling water, and let soak for 30 minutes. Drain the mushrooms and rinse under cold water; drain again and squeeze dry. Remove any tough stems. Cut the mushrooms into bite-sized pieces; set aside.
2. Place the vegetable oil in a wok or large skillet over medium-high heat. Add the garlic and the ginger and stir-fry briefly.
3. Add the chicken and fry until the skin turns golden.
4. Stir in the water and the sugar. Add the mushrooms.
5. Reduce the heat to low, cover, and cook until the chicken is tender, about 30 minutes.

## Serves 4–6

Spoon the seasoned mushrooms and a bit of the pan drippings over the chicken. Serve noodles on the side.

## Cambodian Beef with Lime Sauce

*1 tablespoon sugar  
2 teaspoons freshly ground black pepper, divided  
2 tablespoons soy sauce  
5–7 cloves garlic, crushed  
1½ pounds sirloin, trimmed and cut into bite-sized cubes  
2 tablespoons lime juice  
1 teaspoon water  
2 tablespoons vegetable oil*

1. In a bowl large enough to hold the beef, combine the sugar, 1 teaspoon of black pepper, soy sauce, and garlic. Add the beef and toss to coat. Cover and let marinate for 30 minutes.
2. In a small serving dish, combine the remaining black pepper, the lime juice, and the water; set aside.
3. In a large sauté pan, heat the vegetable oil over medium-high heat. Add the beef cubes and sauté for 4 minutes for medium-rare.
4. This dish may be served either as an appetizer or a main dish. For the appetizer, mound the beef on a plate lined with lettuce leaves with the lime sauce on the side. Use toothpicks or small forks to dip the beef into the lime sauce. For a main dish, toss the beef with the lime sauce to taste. Serve with Jasmine rice.

## **Serves 4**

This simple marinade is so good that even though the lime sauce is a breeze, the meat is equally good without it. If you don't have any beef on hand, use pork tenderloin instead.

### **Red Curry Cambogee**

*4 dried Thai bird chilies, stemmed and seeded*

*1 cup boiling water*

*4 tablespoons sweet paprika*

*2 tablespoons vegetable oil*

*4 cups Lemongrass Curry Sauce (recipe follows)*

1. Break the dried chilies into pieces and place them in a small bowl. Cover with the boiling water and let sit until soft, about 15 minutes.
2. Place the chilies, their steeping water, and the paprika in a blender. Process to form a thin paste.
3. Heat the vegetable oil over medium-high heat in a wok. Add the chili paste and stir-fry until it begins to darken. Remove from heat and set aside.
4. Place the Lemongrass Curry Sauce in a medium-sized saucepan. Stir in half of the chili paste and bring to a boil. Reduce the heat and let simmer for 5 to 10 minutes. Check the flavor of the sauce, adding more chili paste if needed.

## **Yields approx. 4½ cups**

This Cambodian sauce is a hotter version of the Lemongrass Curry Sauce. It makes a great base for beef dishes.

### **Lemongrass Curry Sauce**

*¾ cup chopped lemongrass, inner core only  
4–5 cloves garlic, chopped  
1 teaspoon minced ginger  
1 teaspoon turmeric  
1 jalapeño chili, stemmed and seeded  
3 small shallots, coarsely chopped  
3 (14-ounce) cans coconut milk  
3 (2-inch-long, ½-inch wide) pieces lime peel  
¼ teaspoon salt*

1. Place the lemongrass, garlic, ginger, turmeric, chili, and shallots in a food processor; process to form a paste.
2. Bring the coconut milk to a boil and add the lemongrass paste, lime peel, and salt. Reduce heat and let simmer for 30 to 45 minutes. Remove the lime peel.

## **Yields approx. 4 cups**

Thailand's influence on Cambodian cuisine is evident in this sauce. Try it over fish or chicken with a side of Jasmine rice.

### **Sweet-and-Sour Vegetables**

*1 cup sliced carrots*

*1 large green pepper, seeded and cut into bite-sized pieces*

*1 onion, sliced*

*2 cloves garlic, crushed*

*1 teaspoon grated ginger*

*1 cup water, divided*

*4 cups broccoli*

*6 green onions, trimmed and cut into 1-inch lengths*

*1 cup unsweetened pineapple juice*

*¼ cup rice vinegar*

*2 tablespoons soy sauce*

*⅓ cup brown sugar*

*2 tablespoons cornstarch*

*1 cup fresh pineapple chunks*

1. Place the carrots, onion, green pepper, garlic, and ginger in a large saucepan with  $\frac{1}{2}$  cup of the water. Bring the water to a boil and let cook for 5 minutes, stirring frequently.
2. Add the broccoli, green onions, and the remaining  $\frac{1}{2}$  cup of water. Bring the water to a boil; reduce the heat, cover, and let simmer for 5 minutes.
3. Meanwhile, in a small bowl, thoroughly combine the pineapple juice, rice vinegar, soy sauce, brown sugar, and cornstarch.

4. Add the pineapple juice mixture and the pineapple chunks to the wok. Increase the heat to medium and cook, stirring constantly, until the sauce thickens.

## Serves 6

A medley of vegetables, this dish is heavily influenced by Cambodia's northern neighbor, China. You can serve these as an accompaniment or as a main dish over rice.

### Minted Vegetables

*2 teaspoons vegetable oil, divided  
4 medium carrots, peeled and cut into thin slices  
1 medium onion, cut into 1-inch pieces  
1 red bell pepper, seeded and cut into 1-inch pieces  
3 cups broccoli pieces  
3 cups thinly sliced red cabbage  
½ cup vegetable broth  
Salt and pepper to taste  
3–4 tablespoons chopped mint*

1. In a large skillet, heat 1 teaspoon of vegetable oil over medium-high heat. Add the carrot slices, onion, and bell pepper; sauté for 5 minutes.
2. Add the remaining teaspoon of oil, the broccoli, the cabbage, and the vegetable broth. Continue to sauté until the vegetables are done to your liking, about 10 minutes for tender-crisp.
3. Season to taste with salt and pepper. Stir in the chopped mint.

## Serves 6

Nothing fancy, just a burst of minty freshness with each bite.

### Shrimp “Pâté”

*1½ cups minced shrimp  
½ teaspoon salt  
1 teaspoon sugar  
¼ teaspoon white pepper  
1 red chili, seeded and finely minced (optional)  
2 tablespoons vegetable oil  
8 (4-inch) pieces sugarcane Sweet-and-sour or other favorite dipping sauce*

1. Preheat oven to 375 degrees.
2. Place the shrimp, salt, sugar, white pepper, and chili in a food processor; process until smooth.
3. Drizzle in 1 to 2 tablespoons of the vegetable oil. Process the shrimp mixture until it reaches the consistency necessary to make a meatball, using more or less oil.
4. Divide the shrimp mixture into 4 equal parts.
5. Using your hands, mold a “shrimp ball” around the center of each of the sugarcane pieces.
6. Place the “skewers” on a baking sheet and roast for approximately 20 minutes. If you prefer them a bit more browned, broil them (after they are done baking) until the desired color is reached.
7. To serve, spoon some of the sweet-and-sour sauce into the middle of 4 plates. Place the sugarcane “skewer” on top of the sauce.

## **Serves 4**

Although not really a pâté in the traditional sense, you can still see the French influences in this dish. The ground shrimp is made into an almost mousse-like concoction that is slow-roasted—perfect with a glass of Chablis.

### **Vietnamese Pork Sticks**

#### **For the pork:**

*1 pound lean ground pork  
6 large water chestnuts, minced  
1 clove garlic, minced  
1 green onion, trimmed and minced  
1 tablespoon soy sauce  
2 teaspoons vegetable oil  
1½ teaspoons lemon juice  
1 (½-inch) piece ginger, peeled and minced  
¼ teaspoon sugar  
¼ teaspoon Chinese hot chili oil  
⅛ teaspoon salt  
12 bamboo skewers, soaked in water  
12 Boston or leaf lettuce leaves  
½ cup chopped cilantro  
½ cup chopped mint  
½ cup chopped basil*

#### **For the dipping sauce:**

*½ cup soy sauce  
5 tablespoons lemon juice*

*3 tablespoons water  
2 garlic cloves, minced  
1 (1-inch) piece ginger, minced  
2 teaspoons sugar  
1 teaspoon oyster sauce  
Pinch of cayenne pepper*

1. To prepare the pork: In a large bowl, use your hands to thoroughly combine the ground pork, water chestnuts, garlic, green onion, soy sauce, vegetable oil, lemon juice, ginger, sugar, chili oil, and salt.
2. Divide the mixture into 12 portions. Shape each portion into a cylinder about 3 inches by 1 inch. Carefully insert a bamboo skewer through each cylinder lengthwise. Set aside.
3. Place the lettuce leaves, cilantro, mint, and basil in 4 separate serving bowls. Refrigerate until ready to serve.
4. To prepare the dipping sauce: In a small saucepan combine all the sauce ingredients. Bring the mixture to a boil over medium-high heat. Reduce heat and simmer for 5 minutes. Remove the sauce from the heat and let cool.
5. Prepare a charcoal or gas grill. Place the skewers in a grill basket, making sure they are firmly held but not squashed. Grill the skewers until the pork is cooked through and the outside is crispy, about 10 to 15 minutes, turning the basket frequently.
6. To serve, pour each guest some of the dipping sauce into a small individual bowl. Place the bowls of cilantro, mint, and basil in the middle of the table. Place 2 lettuce leaves and 2 pork skewers on each guest's plate.
7. To assemble, have each guest slide the pork from the skewer onto a lettuce leaf. Sprinkle the pork with some of the herbs to taste. Roll the lettuce around the pork and dip in the sauce.

## Serves 6

This Vietnamese recipe is a great appetizer to serve alongside rice paper spring rolls. The add-ons are basically the same—lettuce leaves for holding the canapé, herbs and dipping sauces for additional flavor.

### Happy Pancakes

*1 cup rice flour  
1½ cups water  
2 eggs, lightly beaten  
¼ teaspoon salt  
1 teaspoon sugar  
1 tablespoon vegetable oil  
½ cup finely sliced straw mushrooms, rinsed and patted dry  
3 ounces cooked salad shrimp, rinsed and patted dry  
½ cup bean sprouts  
¼ cup mixed, chopped herbs (mint, cilantro, basil, etc.)  
Chili dipping sauce*

1. In a medium-sized bowl, whisk together the rice flour, water, eggs, salt, and sugar. Set aside and let the batter rest for 10 minutes.
2. Strain the batter through a mesh sieve to remove any lumps.
3. Add the vegetable oil to a large sauté or omelet pan. Heat on high until very hot, but not smoking.
4. Pour the batter into the hot pan, swirling it so that it coats the bottom of the pan evenly. Sprinkle the mushrooms over the batter. Cover and let cook for 1 minute.
5. Sprinkle the shrimp and bean sprouts evenly over the pancake. Continue cooking until the bottom is crispy and browned.

6. To serve, cut the pancake into quarters. Sprinkle with the chopped herbs. Pass a favorite dipping sauce separately.

## Serves 4

Another example of French/Vietnamese fusion. The pancake is actually a version of a French crepe. The topping, on the other hand, is Vietnamese all the way.

### Honeyed Chicken

*2 tablespoons honey*

*2 tablespoons fish sauce*

*2 tablespoons soy sauce*

*½ teaspoon Chinese 5-spice powder*

*2 tablespoons vegetable oil*

*1 medium onion, peeled and cut into wedges*

*1 pound boneless, skinless chicken breasts, cut into bite-sized pieces*

*3–4 cloves garlic, thinly sliced*

*1 (1-inch) piece ginger, peeled and minced*

1. Combine the honey, fish sauce, soy sauce, and 5-spice powder in a small bowl; set aside.
2. Heat the oil in a wok on medium-high. Add the onion and cook until it just begins to brown.
3. Add the chicken; stir-fry for 3 to 4 minutes.
4. Add the garlic and ginger, and continue stir-frying for 30 more seconds.
5. Stir in the honey mixture and let cook for 3 to 4 minutes, until the chicken is glazed and done to your liking.

## Serves 3–4

This is a version of a sweet-and-sour chicken without the bell peppers, fried batter, or red food coloring! The glaze is multidimensional in its flavor profile, and no batter means a healthier dish.

### Vietnamese Oxtail Soup

*2 medium onions  
1 tablespoon vegetable oil  
5 pounds meaty oxtails  
4 (½-inch) pieces ginger, peeled  
2 medium carrots, peeled and julienned  
1 small cinnamon stick  
1 whole star anise  
1 tablespoon whole black peppercorns  
2 garlic cloves, peeled and crushed  
1 green onion, trimmed and thinly sliced  
3 tablespoons fish sauce  
Freshly ground black pepper to taste  
½ pound bean sprouts  
¼ cup chopped cilantro  
4 serrano chilies, seeded and thinly sliced  
2 limes, cut into wedges  
1 (7-ounce) package rice sticks, soaked in hot water until soft and drained*

1. Cut 1 of the onions into ¼-inch slices. Heat the vegetable oil in a medium-sized sauté pan over medium-high heat. Add the onion slices and sauté until they just begin to brown. Drain the oil from the browned onion and set aside.
2. Slice the remaining onion into paper-thin slices. Cover with plastic wrap and set aside.

3. Rinse the oxtails in cold water and place them in a stock pot. Cover the tails with cold water and bring to a boil. Reduce the heat and skim any residue that has come to the surface. Let simmer for 15 minutes.
4. Add the browned onions, ginger, carrots, cinnamon, star anise, peppercorns, and garlic. Return the stock to a simmer and cook for 6 to 8 hours, adding water if necessary.
5. When the broth is done, skim off any additional residue. Remove the oxtails from the pot and let cool until easy to handle. Remove the meat from the bones. Arrange the meat on a platter and garnish it with the sliced green onions. Discard the bones.
6. Strain the broth and return to the stove. Add the fish sauce and black pepper to taste. Keep warm.
7. On a second platter, arrange the bean sprouts, chopped cilantro, sliced chilies, and lime wedges.
8. Bring a pot of water to a boil. Plunge the softened rice noodles in the water to heat. Drain.
9. To serve, place a portion of the noodles in each bowl. Set a tureen of the broth on the table along with the platter of oxtail meat and the platter of accompaniments. Let your guests serve themselves.

## **Serves 6–8**

Don't be afraid of eating tails! These inexpensive pieces of meat are extremely tender and flavorful when braised in this fashion. If you can't find oxtails, beef or veal shanks would be a great substitute.

### **Fruit in Sherried Syrup**

*2 tablespoons sugar  
4 tablespoons water  
2 tablespoons dry sherry  
2 teaspoons lemon juice  
1 orange, peeled and segmented  
2 cups fresh pineapple chunks  
1½ cups kiwi slices*

1. In a small saucepan over high heat, boil the sugar and the water until syrupy. Remove from the heat and let cool to room temperature. Stir in the lemon juice and sherry; set aside.
2. In a serving bowl, combine the orange segments, the pineapple chunks, and the kiwi. Pour the syrup over the fruit and toss to combine. Refrigerate for at least 1 hour before serving.

## **Serves 4–6**

This simple syrup can be made ahead of time and stored in the refrigerator for up to a week! Try it in some hot or iced tea!

### **Banana Brown Rice Pudding**

*1 medium banana, sliced  
1 (15-ounce) can fruit cocktail, drained  
¼ cup water  
2 tablespoons honey  
1 teaspoon vanilla extract  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
1 cup skim milk  
1½ cups cooked brown rice*

1. In a medium-sized saucepan, combine the banana, fruit cocktail, water, honey, vanilla, cinnamon, and nutmeg. Bring to a boil over medium-high heat. Reduce the heat and simmer for 10 minutes or until the bananas are tender.
2. Stir in the milk and the rice. Return the mixture to a boil, reduce heat again, and simmer for 10 more minutes. Serve warm.

## Serves 4–6

This satisfying dessert requires no baking! It is also lacking eggs and cream, so it takes on the texture of porridge more than of custard. The banana and the fruit cocktail give the pudding flavor and structure.

### Vietnamese Bananas

*3 tablespoons shredded coconut (unsweetened)*

*3 tablespoons butter*

*3 tablespoons brown sugar*

*1 tablespoon grated ginger Grated zest of 1 orange*

*6 bananas, peeled and sliced in half lengthwise*

*4 tablespoons lime juice*

*6 tablespoons orange liqueur*

*3 teaspoons toasted sesame seeds*

1. Heat a small nonstick pan over high heat. Add the coconut and cook, stirring constantly, until golden brown. Remove the coconut from the pan and set aside.
2. In a large sauté pan, melt the butter over medium-high heat. Stir in the brown sugar, the ginger, and orange zest. Place the bananas in the pan, cut-side down, and cook for 1 to 2 minutes or until the sauce starts to become sticky. Turn the bananas over to coat in the sauce. Place the bananas on a heated serving platter and cover with aluminum foil.
3. Return the pan to the heat and thoroughly stir in the lime juice and the orange liqueur. Using a long-handled match, ignite the sauce. Allow the flames to die down and then pour the sauce over the bananas.
4. Sprinkle the bananas with the toasted coconut and the sesame seeds. Serve immediately.

## **Serves 6**

This dessert is a take-off on Bananas Foster, the simple yet spectacular tableside dessert made famous in the 1960s and the 1970s along with cherries jubilee!

### **Basic Vietnamese Chili Sauce**

*2 dried red chilies, stemmed, seeded, and soaked in hot water until soft*

*2 cloves garlic, minced*

*½ teaspoon brown sugar*

*2 tablespoons fish sauce*

*1 tablespoon rice wine vinegar*

*1 tablespoon lemon juice*

Using a mortar and pestle, grind together the dried chilies and the garlic to form a rough paste. Stir in the sugar until well incorporated. Stir in the remaining ingredients.

**Yields approx.  $\frac{1}{4}$  cup**

This Vietnamese chili sauce differs from most Thai hot sauces with its use of dried chilies instead of fresh, yielding a smokier, somewhat softer flavor. Brown sugar also has a mellowing effect.

## **Chilied Coconut Dipping Sauce**

*$\frac{1}{4}$  cup fresh coconut juice  
1 teaspoon rice wine vinegar  
1 teaspoon sugar  
1 serrano chili, seeded and minced  
2 cloves garlic, minced  
1 tablespoon lime juice  
2 tablespoons fish sauce*

1. Bring the coconut juice, rice wine vinegar, and sugar to a boil in a small saucepan. Remove from heat and allow the mixture to cool to room temperature.
2. Stir in the remaining ingredients.

## **Yields approx. $\frac{1}{2}$ cup**

This Vietnamese dipping sauce goes especially well with shrimp and fish.

## **Tropical Fruits with Cinnamon and Lime**

*Zest and juice of 6 limes*

*3 tablespoons honey*

*½ teaspoon sesame oil*

*½–1 teaspoon cinnamon Pinch of salt*

*6 cups of tropical fruits, such as mango, papaya, bananas, melons, star fruit, kiwi, etc., (anything really) cut into bite-sized pieces*

1. Combine the lime zest and all but about  $\frac{1}{2}$  of the lime juice in a small bowl. Slowly drizzle in the honey, whisking to form a smooth mixture. Whisk in the sesame oil, cinnamon, and salt. Adjust flavor to your liking with more lime juice if necessary.
2. Place the fruit in a large serving bowl. Pour the cinnamon-lime dressing over the fruit, toss to combine, and let rest in the refrigerator for 15 minutes before serving.

## **Serves 6–12**

Typical in many Asian fruit concoctions, salt is added to this cinnamon-lime sauce to balance sweetness. If you can't adjust your Western palate to this juxtaposition of flavors, just leave out the salt.

### **Potato Samosas**

#### **For the crust:**

*1½ cups all-purpose flour  
½ teaspoon salt  
4 tablespoons butter, at room temperature  
Ice water  
Vegetable oil for deep frying*

#### **For the filling:**

*1¼ pounds russet potatoes, peeled  
1 tablespoon ghee (see note) or oil  
2 teaspoons mustard seeds  
½ teaspoon turmeric  
½ teaspoon chili powder  
¼ pound sweet peas, thawed if frozen  
1 teaspoon salt  
2 jalapeños, seeded and thinly sliced  
3 tablespoons chopped mint  
Lemon juice to taste*

1. To make the pastry crust: In a large bowl, sift together the flour and the salt. Using a pastry cutter, cut the butter into the flour mixture.

2. Add the ice water, 1 tablespoon at a time, until a firm dough is achieved. You will probably use 5 to 6 tablespoons of water total. Knead the dough for approximately 5 minutes or until it is smooth and elastic. Place the dough in an oiled bowl, cover with plastic wrap, and set it aside while making the potato filling.
3. To make the filling: Bring a large pan of water to a boil. Add the potatoes and cook until quite tender. Drain the potatoes and allow them to cool until they are easy to handle. Cut them into a small dice; set aside.
4. In a large skillet, heat the ghee over medium-high heat. Add the mustard seeds and sauté until the seeds begin to pop. Stir in the turmeric and the chili powder; cook for 15 seconds. Stir in the potatoes, peas, salt, and jalapeño slices. (It is okay if the potatoes and the peas get a little smashed.) Remove from heat, stir in the mint and lemon juice to taste, and set aside.
5. Roll the pastry until it is quite thin ( $\frac{1}{8}$ -inch thick). Cut approximately ten 6-inch circles from the dough. Cut each circle in half. Place a heaping tablespoon of filling in the center of each half circle. Dampen the edges of the dough with cold water, fold the dough over on itself to form a triangle, and seal firmly.
6. To fry, add approximately 3 inches of vegetable oil to a large saucepan. Heat the oil over high heat until very hot, but not smoking. Add the samosas to the hot oil a few at a time and deep-fry until golden brown. Using a slotted spoon, remove the samosas to a stack of paper towels to drain.
7. Serve the samosas with Tamarind Dipping Sauce (see recipe on page 274).

## **Yields 20 samosas**

Samosas are a good introduction to Indian cuisine, because although they are filled with unusual spices, their main ingredient is potato—a very comforting food no matter how it's prepared.



### **Ghee**

*Ghee is another name for clarified butter. It is simple to make. Simply melt a quantity of unsalted butter in a heavy saucepan. Bring it to a boil and let it simmer for 15 to 20 minutes or until the solid milk particles rise to the top and begin to brown. Remove the butter from the heat and strain it through cheesecloth. Ghee may be stored at room temperature for up to 1 week in an airtight container.*

## **Chapati**

*3 cups whole-wheat flour*

*1½ teaspoons salt*

*1 tablespoon ghee or oil*

*1 cup lukewarm water*

1. In a large mixing bowl, stir together 2½ cups of flour and the salt. Add the ghee and, using your fingers, rub it into the flour and salt mixture.
2. Add the lukewarm water and mix to form a dough. Knead the dough until it is smooth and elastic, about 10 minutes. (Don't skimp on the kneading; it is what makes the bread tender.)
3. Form the dough into a ball and place it in a small, oiled bowl. Cover tightly with plastic wrap and let it rest at room temperature for at least 1 hour.
4. Divide the dough into golf ball-sized pieces. Using a flour-covered rolling pin, roll each ball out on a flour-covered surface to approximately 6 to 8 inches in diameter and  $\frac{1}{8}$ -inch thick.

5. Heat a large skillet or griddle over medium heat. Place a piece of dough on the hot surface. Using a towel or the edge of a spoon, carefully press down around the edges of the bread. (This will allow air pockets to form in the bread.) Cook for 1 minute. Carefully turn the chapati over and continue cooking for 1 more minute. Chapatis should be lightly browned and pliable, not crisp. Remove the bread to a basket and cover with a towel. Repeat until all of the rounds are cooked.



### Asian Bread

*Unlike in Thailand and most other Southeast Asian countries, bread is an integral part of the Indian diet. Most are not leavened and are made in individual servings, not in loaves.*

## Serves 6–8

Chapati is a simple griddle bread with a Muslim heritage.

### Mulligatawny Soup

*3 pounds chicken wings  
4 whole cloves  
2 medium onions, peeled  
3 cloves garlic, peeled  
1 jalapeño, seeded and sliced  
1 (1½-inch) cinnamon stick  
2 teaspoons whole peppercorns  
5 cardamom pods, bruised  
2 tablespoons ground coriander  
1 tablespoon ground cumin  
2 teaspoons salt  
1 tablespoon vegetable oil  
8–12 fresh curry leaves  
6 cups chicken broth  
1 (14-ounce) can coconut milk  
Lemon juice to taste  
4–5 cups cooked rice*

1. Place the chicken wings in a large soup pot. Cover the chicken with cold water.
2. Stick the cloves into 1 of the onions and place the onion in the pot with the chicken.
3. Add the garlic, jalapeño, cinnamon stick, peppercorns, cardamom, coriander, cumin, and salt; bring the mixture to a boil, reduce to a simmer, and cook for 2 to 3 hours.

4. Let the stock come to room temperature. Remove the chicken pieces from the broth and cut the meat from the bones. Set aside the meat.
5. Strain the broth.
6. Thinly slice the remaining onion.
7. In a large sauté pan, heat the oil over medium-high heat. Add the onion slices and sauté until translucent. Add the curry leaves and the broth. Bring to a simmer and let cook for 5 minutes.
8. Add enough water to the coconut milk to make 3 cups of liquid. Add this and the reserved meat to the broth. Heat the soup, but do not let it boil. Season to taste with additional salt and a squeeze of lemon juice.
9. To serve, place approximately  $\frac{1}{2}$  cup of cooked rice in the bottom of each bowl. Ladle the soup over the rice.

## Serves 8–10

I don't think you can find an Indian restaurant in the United States that doesn't serve this famous soup. It was first developed about 200 years ago in Madras and comes in vegetarian and meat versions.

### Tandoori Chicken

*4 skinless chicken breasts*

*4 skinless chicken legs*

*½ teaspoon saffron threads*

*½ cup plain yogurt*

*1 tablespoon grated ginger*

*2 small garlic cloves, minced*

*2 teaspoons salt*

*⅛ teaspoon chili powder*

*2 teaspoons paprika*

*1½ teaspoons Garam Masala (see recipe on page 273)*

*2 tablespoons ghee, melted*

1. Using a small, sharp knife, make 3 to 4 ( $\frac{1}{4}$ -inch-deep) slits in each piece of chicken. Set aside in a bowl large enough to hold all of the pieces.
2. Place the saffron in a small sauté pan over medium heat and toast for approximately 30 seconds. Place the saffron on a small plate and allow it to cool and crumble.
3. Stir the saffron into the yogurt.
4. Grind together the ginger, garlic, salt, chili pepper, paprika, and garam masala. Stir the spice mixture into the yogurt.
5. Pour the yogurt over the chicken, making sure that all of the pieces are coated. Cover and marinate overnight, turning the pieces in the

marinade every so often.

6. Preheat the oven to 450 degrees.
7. Add the ghee to a roasting pan large enough to hold all of the chicken pieces. Add the chicken, breast side down. Spoon some of the ghee over the pieces. Roast for 10 minutes. Turn the pieces over, baste again, and continue roasting for 5 minutes. Turn them again and roast for an additional 5 minutes. Turn 1 last time (breasts should be up); baste and cook until done, about 5 more minutes.

## Serves 4

Without a tandoori oven, you can't really make an authentic tandoori dish. The clay used in making the ovens gives a smoky flavor that can't be duplicated. Still, this recipe creates an acceptable variation.

### Punjab Fish

*4–6 firm-fleshed fish fillets, approximately 1-inch thick*

*Lemon juice*

*1 teaspoon salt*

*1 teaspoon black pepper*

*1 teaspoon turmeric*

*2–3 tablespoons vegetable oil*

*1 medium onion, thinly sliced*

*1 clove garlic, chopped*

*1 (1-inch) piece ginger, peeled and minced*

*2 serrano chilies, seeded and minced*

*2 tablespoons almond slivers*

*2 teaspoons cumin*

*2 teaspoons cardamom*

*¼ teaspoon cinnamon*

*⅛ teaspoon ground cloves*

*2 tablespoons boiling water*

*¼ teaspoon saffron strands, toasted and crushed*

*½ cup plain yogurt*

1. Rinse the fish with cold water and pat dry. Rub the fish with lemon juice.
2. Combine the salt, pepper, and turmeric; sprinkle over the fish.
3. Heat 1 to 2 tablespoons of vegetable oil in a large frying pan over high heat. Brown the fish quickly on each side. Remove the fish to a plate,

cover, and set aside.

4. Add the onion to the same pan and sauté until translucent and just beginning to brown.
5. Place the cooked onion in a food processor along with the garlic, ginger, chilies, and almonds. Process to form a paste, adding a bit of water if necessary. Add the cumin, cardamom, cinnamon, and clove; process to thoroughly blend.
6. If necessary, add additional vegetable oil to the frying pan to make about 2 tablespoons. Heat the oil over medium. Add the spice mixture and cook, stirring constantly, for about 2 minutes. Swirl a bit of water in the food processor to remove any remaining spices and pour it into the pan; stir to combine.
7. Pour 2 tablespoons of boiling water into a small cup. Add the toasted saffron and stir to combine. Pour the saffron water into the frying pan.
8. Stir in the yogurt. Bring to a simmer and let the sauce cook for 5 minutes.
9. Add the fish to the sauce, turning to coat. Cover and let simmer for approximately 10 minutes or until the fish is done to your liking.

## Serves 4–6

Punjab, meaning “Five Rivers,” is a state located in northwestern India. It is known as a land of high spirits and prosperity due to its fertile soil and many rivers.

### Indian-Scented Cauliflower

*3 tablespoons vegetable oil  
1 teaspoon mustard seeds  
1 clove garlic, minced  
1 (2-inch) piece ginger, peeled and minced  
 $\frac{1}{2}$  teaspoon turmeric  
 $\frac{1}{2}$  medium to large head of cauliflower, separated into florets and cut into pieces  
1 teaspoon salt  
3 tablespoons water  
 $\frac{1}{2}$  teaspoon Garam Masala (see recipe on page 273)*

1. In a saucepan large enough to easily hold the cauliflower, heat the vegetable oil over medium-high heat. Add the mustard seeds and fry until they pop. Add the garlic and the ginger; stirring constantly, cook until the garlic just begins to brown.
2. Stir in the turmeric. Add the cauliflower pieces and toss to coat with the spice mixture.
3. Add the water, cover, and let steam for 6 to 10 minutes or until done to your liking.
4. Pour off any excess water and sprinkle with the garam masala.

## Serves 2–4

This cauliflower is scented with an Indian spice mixture that seeps into every little crack and crevice, perfuming every bite. You will never look at cauliflower the same way again.

### Cardamom Cookies

*4 ounces ghee*

*½ cup fine sugar*

*1 cup fine semolina*

*3 tablespoons all-purpose flour*

*1½ teaspoons ground cardamom*

1. Preheat oven to 300 degrees.
2. In a large mixing bowl, cream together the ghee and the sugar until light and fluffy.
3. Sift together the semolina, all-purpose flour, and cardamom.
4. Stir the dry ingredients into the ghee mixture; mix well.
5. Let the dough stand in a cool place for 30 minutes.
6. Form balls using approximately 1 tablespoon of dough for each. Place on an ungreased cookie sheet and flatten each ball slightly.
7. Bake for approximately 30 minutes or until pale brown.
8. Cool on a wire rack. Store in an airtight container.



Cardamom

*The cardamom plant is a relative of ginger and grows in most tropical climates throughout the world. Cardamom pods have a very sweet-spicy smell and taste, similar to cinnamon. The spice refers to the seeds, which can be bought whole or ground.*

## **Yields 2 dozen cookies**

These cookies are reminiscent of shortbread in terms of texture and ingredients, but they are perfumed with a bit of ground cardamom. They're simply delicious with tea.

### **Almond “Tea”**

*3 ounces blanched almonds  
2 ounces pumpkin seeds  
½ teaspoon ground cardamom  
3 cups water  
2 cups milk  
¼–½ cup sugar*

1. Process the almonds, pumpkin seeds, cardamom, and half of the water in a blender or food processor until the solids are finely ground.
2. Strain the almond water through cheesecloth (or a clean Handi Wipe) into a container. Using the back of a spoon, press the solids to remove as much moisture as possible.
3. Return the almond mixture to the blender and add the remaining water. Process until thoroughly combined.
4. Strain this liquid into the container.
5. Stir the milk into the almond water. Add sugar to taste.
6. Serve over crushed ice.

## **Serves 4–6**

Not really a tea at all, this refreshing drink hits the spot on a sweltering day. The milk gives it a bit of creaminess, but the water makes it refreshing. It's also a great addition to milkshakes or smoothies.

### **Cucumber Raita**

*2 seedless cucumbers, peeled and cut into a small dice*

*1 teaspoon salt*

*1½ cups plain yogurt*

*1–2 green onions, trimmed and thinly sliced*

*2 tablespoons fresh mint*

*Lemon juice to taste*

1. Place the diced cucumbers in a colander. Sprinkle with salt and let sit in the sink for 15 minutes to drain. Rinse the cucumber under cold water and drain again.
2. Combine the cucumber, yogurt, green onions, mint, and lemon juice to taste.
3. Cover and refrigerate for at least 30 minutes. Check seasoning, adding additional salt and/or lemon juice if necessary.

## **Yields approx. 4 cups**

What is an Indian meal without the cooling effects and delicious taste of a raita? Milk products, in this case yogurt, counteract spicy foods by coating your mouth with fat.

### **Tamarind Dipping Sauce**

*3 tablespoons tamarind pulp*

*1 cup hot water*

*1 teaspoon salt*

*2 teaspoons brown sugar*

*1 teaspoon ground cumin*

*½ teaspoon ground fennel*

*2 teaspoons grated ginger*

*Lemon juice to taste*

1. Place the tamarind pulp in a small bowl. Pour boiling water over the pulp and let soak until soft, about 15 minutes.
2. Break up the pulp and then strain the tamarind water through a fine-mesh sieve, using the back of a spoon to push the pulp through, but leaving the tough fibers.
3. Stir in the remaining ingredients and let the tamarind sauce sit for at least 15 minutes before serving.

## Makes about 1½ cups

I love this dipping sauce. I spoon it over everything — samosas, papadam, all sorts of Indian breads, over rice, etc., etc. I promise you, once you try it you'll be hooked, too.

### Garam Masala

*4 tablespoons coriander seeds  
2 tablespoons cumin seeds  
1 tablespoon whole black peppercorns  
2 teaspoons cardamom seeds  
2 small cinnamon sticks, broken into pieces  
1 teaspoon whole cloves*

1. In a small heavy sauté pan, individually dry roast each spice over medium-high heat until they begin to release their aroma.
2. Allow the spices to cool to room temperature and then place them in a spice grinder and process to form a fairly fine powder.
3. Store in an airtight container.

## **Makes approx. $\frac{1}{3}$ cup**

The Indian spice mix you can't do without! If you always have a bit of this mixture on hand, you are just a step away from great Indian cuisine. I promise. (Garam masala is also available in specialty stores.)

### **Mango Chutney**

*2 large green mangoes, peeled and sliced  
4 ounces dried apricots or cherries  
 $\frac{1}{2}$  ounce golden raisins  
1 tablespoon chopped ginger  
1 tablespoon minced garlic  
1–2 red chili peppers, seeded and minced  
2 cups sugar  
1 cup water  
2 cups white vinegar  
3 teaspoons salt  
1 teaspoon cumin  
 $\frac{1}{2}$  teaspoon black mustard seeds  
2 teaspoons Garam Masala (see recipe on page 273)*

1. Place all of the ingredients in a heavy-bottomed saucepan. Bring to a simmer over medium heat, stirring until the sugar dissolves. Simmer for 30 minutes or until thick.
2. Seal in airtight jars.

## **Makes approx. 5–6 cups**

In addition to serving this condiment with Indian food, I use it to top broiled salmon, as a spread for scones, to mix with white rice, or for whatever takes my fancy.

## **APPENDIX A: Glossary: Thai Flavors and Ingredients**

### **BANANAS:**

Bananas are indigenous to Thailand, where over twenty-eight varieties are cultivated. The most common banana is the Cavendish, but don't be afraid to experiment with different varieties, especially in tropical fruit salads.

### **BASIL:**

Most commonly thought of as an Italian ingredient, basil is actually a key ingredient in cuisines from around the world. Basil comes in many varieties, including a Thai version, but any fresh basil works well in Thai cooking. Basil is quite delicate and is usually best added to dishes at the last possible moment.

### **BOK CHOY:**

Also known as Chinese cabbage, bok choy resembles Swiss chard in looks and regular green cabbage in taste. Stir-frying softens its flavor slightly.

### **CARDAMOM:**

This relative of ginger grows in most tropical environments. Its pods release a pungent, sweet-spicy flavor, somewhat similar to cinnamon.

### **CHILI PEPPERS:**

Chilies come in three basic forms: fresh, dried, and powdered. Botanists have named hundreds of different varieties, making chilies one of the most diverse plants on the planet. With that said, there are a few generalities that seem to hold true with all chilies. Chilies sweeten as they ripen, so a red chili (of the same variety) will be sweeter than a green one. And the bigger the chili pepper, the milder it usually is. So beware of chilies that come in small packages! The seeds and the veins pack the most punch, so to tone down your chili, don't use the seeds or veins.

### **CHILI SAUCE:**

Bottled chili sauce is a smooth combination of salted fish, red chilies, fish sauce, lime juice, and palm sugar. It is served with almost everything in Thailand. It comes in red and yellow varieties, and in various strengths.

### **CILANTRO:**

Cilantro is a pungent herb with a citruslike flavor, similar to parsley. It is also known as coriander.

### **COCONUT MILK:**

Coconut milk can be made fresh by grating and pressing fresh coconut meat, but the canned variety works just as well and is a lot less work! Coconut milk is not the same as coconut water, which is simply the liquid inside the coconut itself.

**CORIANDER:**

Also known as cilantro, this herb is a cousin to parsley and is used as such. The seeds are also dried and ground and have a semisweet aroma.

**CURRY:**

Curry powder is not a specific spice, but rather a combination of spices that vary depending on the desired effect. Some are sweet, while others are scorching hot. Basic commercial curry powders usually contain six to eight various ingredients.

**CURRY LEAF:**

The leaves of an indigenous Southeast Asian plant that have no relation to curry powder or curry paste. The leaves do, however, release a curry-scented fragrance when crushed and are often added to various Asian dishes.

**CURRY PASTE:**

Various combinations of spices and chilies, which can be either homemade or store-bought. They are super to keep on hand because they can be stored for long periods of time and help make quick, simple meals.

**DRIED FISH:**

Crispy salt-preserved fish used as a snack and in soup.

**DRIED SHRIMP:**

Tiny shrimp that are preserved in brine and then dried and used as a flavoring agent. Just a few go a long way. They are usually soaked in water for a few minutes before being added to a recipe, which both softens them and reduces their bite.

**FISH SAUCE:**

Fish sauce or nan pla is one of the most used ingredients in Thai cuisine. It has a flavor similar to soy, although somewhat less salty. Salted, fermented fish, or shrimp gives the sauce its characteristic aroma and complex flavor. Beware — it doesn't smell very good to the Western nose, but is well worth getting used to.

**FIVE-SPICE POWDER:**

A Chinese spice mixture that contains cinnamon, star anise, fennel, clove, ginger, peppercorns, and dried citrus peel.

**GALANGAL:**

Galangal is a more pungent, fiery relative of ginger and is available both fresh and dried. If you can't find it, ginger is a perfectly acceptable substitute.

**GARLIC:**

Garlic is a much-used relative of the onion with a sweet, pungent flavor. Pickled garlic is often used as a garnish.

**GINGER:**

A rhizome that is now available in almost every supermarket, ginger adds a certain sweet-spicy component to dishes. It is available fresh, dried, crystallized, and preserved.

**GUAVA:**

Also known as the tropical apple, the guava comes in two varieties — green and red. The green is native to Southeast Asia; the red is native to Hawaii. The fruit is especially high in vitamin C, iron, and calcium.

**KAFFIR LIME:**

The juice, the zest, and the leaves of this thorny tropical tree are used extensively in southeast Asian cooking and impart a beautiful tropical fragrance and flavor.

**LEMONGRASS:**

Lemongrass, or Citronella root, is an aromatic tropical grass with a flavor similar to lemon balm. It can be crushed whole or stripped of its fibrous outer leaves and chopped. Placed in a plastic bag, it will keep in the refrigerator for weeks.

**LIME:**

A quintessential Thai ingredient; this citrus fruit is a great source of vitamin C.

**MANGO:**

A kidney-shaped tropical fruit, mangoes are rich in vitamins A, B, and C. They are also high in sugar, sometimes 20 percent of their weight. Mangoes are used both fully ripe and green in some cases.

**MINT:**

An herb used throughout the world to impart a refreshing, zesty aroma and flavor. Varieties include spearmint, peppermint, and lemon mint.

**OYSTER SAUCE:**

Oyster sauce is made from oyster extracts, sugar, and other seasonings. It has a sweet-smoky flavor and is available in mild, hot, and "vegetarian"

varieties.

**PALM SUGAR:**

Palm sugar is a dark, unrefined sugar made from coconut palms. It is usually sold in blocks and must be crushed before it can be used. Dark brown sugar is a good and much easier-to-use substitute.

**PAPAYA:**

This tropical fruit was introduced to Thailand by the Spanish after they conquered the Americas. Thai cooks use them both as a fruit and a vegetable.

**RICE VINEGAR:**

Rice vinegar is milder and sweeter than regular white vinegar, but in a pinch white vinegar makes an acceptable substitute.

**RICE WINE:**

Rice wine is a fermented concoction made from glutinous rice and millet and is used to add complexity and flavor. In Japan, it is known as mirin, which is a sweetish condiment used as a flavoring agent. If unavailable, dry sherry can be used as a substitute.

**SHRIMP PASTE:**

A thick pungent paste made from salted fermented shrimp, which is often used in flavoring other curry pastes.

**SOY SAUCE:**

Soy sauce is really not used very much in Thai cuisine. Instead, Thai cooks prefer fish sauce. However, soy can be used as a substitute for fish sauce and is specifically called for in some recipes. Soy sauce can be light or dark, which refers to flavor and color, not salt content. Tamari is a specific type of soy sauce that is strongly flavored, so use it sparingly.

**SPRING ROLL WRAPPERS:**

Spring roll wrappers are similar to egg roll wrappers, but they are thinner and are made with only wheat flour and water. Egg roll wrappers also contain egg. When fried, spring roll wrappers are light and crisp.

**STAR ANISE:**

The star anise is an inedible pod with a distinct licorice flavor that is infused into broths and sauces. Slightly crushing the pod helps to release its flavorful oils.

**SWEET SOY SAUCE:**

This thick dark brown soy sauce is sweetened with palm sugar and star anise and is given piquant overtones with garlic. Sometimes the palm sugar

is replaced with molasses.

**TAMARIND:**

Tamarind is a large brown podlike fruit that contains both seeds and pulp, although the pulp is the only part used. It is usually sold in dried blocks of pulp, or in concentrates or pastes. If using pulp, soak it in hot water and then press it to release the thick sweet and sour juice. Concentrates and pastes are used straight from the jar. Tamarind has a flavor somewhat reminiscent of prunes and lemon.

**TOFU:**

Tofu or bean curd is made from soybeans and water and is highly nutritious, due to its high plant proteins. It doesn't have much of a flavor on its own, but very quickly takes up the flavors of the dish it is in. It comes in a variety of textures ranging from soft to extra-firm. It is also available smoked.

**YELLOW BEAN SAUCE:**

A sauce made from salted and fermented soybeans.

## **APPENDIX B: Thai Meals**

### **All Seafood**

Spicy Seafood Soup  
Grilled Calamari Salad  
Steamed Red Snapper  
Shrimp Rice  
Banana Coconut Soup

### **A Mild Thai Meal**

Mee Grob  
Asian Chicken Noodle Soup  
Lime Ginger Fillets  
Jasmine Rice  
Mango Fool

### **Fiery Hot Summer Night**

Spicy Shrimp Dip  
Fiery Beef Salad  
Fire Noodles  
Thai Cashew Chicken  
Sweet Sticky Rice

### **Vegetarian Dinner**

Vegetarian Tom Yum Soup  
Spicy Rice Salad  
Sesame Noodles with Veggies

Meringues with Fresh Fruit

## Southeast Asian Cocktail Party

Chicken, Shrimp, and Beef Satay

3-Flavor Rice Sticks

Asian Carrot Sticks

Thai Pickled Vegetables

Paper Rice Rolls

Marinated Mushrooms

Crab Spring Rolls

Various Dipping Sauces

Tom's Thai "Martinis"

Thai-Inspired Singapore Slings

Tropical Fruit Cocktails

Limeade

## Weeknight Thai Dinner

Basil and Shrimp Wedges

Thai-Style Green Curry

Jasmine Rice

Sliced Mango and Coconut Ice Cream

## Sunny Summer Lunch

Chilled Mango Soup

Crunchy Coconut-Flavored Salad

Grilled Lobster with a Lemongrass Smoke

Ginger Rice

Crispy Crepes with Fresh Fruit

## A Salad Buffet

Shrimp and Noodle Salad  
Cucumber Salad with Lemongrass  
Chicken Salad — 1  
Jicama, Carrot, and Chinese Cabbage Salad  
Asian Couscous Salad  
Crunchy Sprout Salad  
Fresh Oranges in Rose Water  
Tropical Fruit with Ginger Crème Anglaise

## **Down Home Dinner in Thailand**

Sweet-and-Sour Cucumber Salad  
Chicken Fried Rice  
Store-bought Coconut Ice Cream or Mango Sorbet

## **Thai-Inspired All-American**

Thai Dinner Salad  
Bangkok-Style Roasted Pork Tenderloin  
Thai-Flavored Green Beans  
Lemon Rice  
Lime Butter Cake

## **A Backyard BBQ**

Crudités with Mint Cilantro Chutney and Sweet-and-Sour Dipping Sauce  
Asian 3-Bean Salad  
Cold Sesame Noodles  
Peanut Potato Salad  
Southeast Asian Burgers  
Tropical Fruit Platter  
Watermelon Ice

## **APPENDIX C: Thailand Resources**

### **Sources for Thai Ingredients in the United States**

THE SPICE HOUSE 1512 N. Wells St. Chicago, IL 312-274-0378

Asian Spices

THE SPICE HOUSE 1048 N. Old World St. Milwaukee, WI 414-272-0977

Asian Spices

KAM MAN FOOD PRODUCTS 200 Canal St. New York, NY 10013 212-571-0330 Asian ingredients

DE WILDT IMPORTS 20 Compton Way Hamilton Square, NJ 08969 800-338-3433 Asian ingredients

CASADOS FARMS San Juan Pueblo, NM 505-852-2692

Fresh and dried chilies

DEAN & DELUCA 560 Broadway New York, NY 800-221-7714

Asian ingredients

ETHNIC GROCER.COM

Thai produce, spices, prepared sauces, noodles, rice, and canned goods

IMPORTFOODS.COM 1-888-618-8424

Fresh Thai produce, cookware, spices, noodles, rice, sauces, and canned goods

PACIFICRIM-GOURMET.COM

Kitchenware, gourmet ingredients, garden seeds, cookbooks, and gifts

### **Great Thai Restaurants in the United States**

Thai dining in the United States is becoming ever more popular, with storefront Thai restaurants almost as popular as Chinese and Mexican. The following list offers a sampling of some of the best Thai restaurants in this country, all of them out of the ordinary and all of them worth a journey.

TAMARIND 80 14th St. NE Atlanta, GA 30309 404-873-4888

THAI 3316 Greenmount Ave. Baltimore, MD 21218 410-889-6002

BROWN SUGAR CAFÉ 129 Jersey St. Boston, MA 02215 617-266-2928

BANGKOK 5 Rancho Mirage, California

ARUN'S 4156 N. Kedzie Ave. Chicago, IL 60618 773-539-1909

Chef Arun Sampanthavivat

MEMA THAI CHINESE CUISINE 4-361 Kuhio Hwy. Kapaa, HI 96746  
808-823-0899

VONG 200 E. 54th St. New York, NY 212-486-9592

Chef Jean Georges Vongerichten

NAN 4000 Chestnut St. Philadelphia, PA 215-382-0818

Chef Kamol Phutlek

LEMONGRASS THAI 1705 NE Couch St. Portland, OR 503-231-5780

Chef Shelley Siripatrapa

THAI HOUSE CUISINE 4225 Convoy St. Dan Diego, CA 858-278-1800

YUKOL PLACE THAI 2380 Lombard St. San Francisco, CA 415-922-1599

KHAN TOKE THAI HOUSE 5937 Geary Blvd. San Francisco, CA 415-668-6654

THEP PHANOM THAI CUISINE 400 Waller St. San Francisco, CA 415-431-2526

DUANGRAT'S 5878 Leesburg Pike Falls Church, VA 703-820-5775

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Everything® Landlording Book

Everything® Leadership Book

Everything® Managing People Book

Everything® Negotiating Book

Everything® Online Business Book

Everything® Personal Finance Book

Everything® Personal Finance in Your 20s and 30s Book

Everything® Project Management Book

Everything® Real Estate Investing Book

Everything® Robert's Rules Book, \$7.95

Everything® Selling Book

Everything® Start Your Own Business Book

Everything® Wills & Estate Planning Book

## **COMPUTERS**

**Everything® Online Auctions Book**

## **Everything® Blogging Book**

## **COOKING**

Everything® Barbecue Cookbook

Everything® Bartender's Book, \$9.95

Everything® Chinese Cookbook

Everything® Cocktail Parties and Drinks Book

Everything® College Cookbook

Everything® Cookbook

Everything® Cooking for Two Cookbook

Everything® Diabetes Cookbook

Everything® Easy Gourmet Cookbook

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## U.S. TO METRIC CONVERSIONS

<b>Volume</b>	
1 teaspoon	5 ml
1 tablespoon	15 ml
$\frac{1}{4}$ cup	60 ml
$\frac{1}{3}$ cup	80 ml
$\frac{1}{2}$ cup	120 ml
1 cup	240 ml
1 pint (2 cups)	470 ml
1 quart (4 cups)	.95 liters
1 gallon (16 cups)	3.8 liters
<b>Weight</b>	
1 ounce	28 grams
1 pound (16 ounces)	454 grams
<b>Length</b>	
1 inch	2.54 cm
1 foot (12 inches)	30.48 cm
<b>Temperature</b>	
32° F (freezing point of water)	0° C
300° F	150° C
350° F	175° C
400° F	200° C
450° F	230° C